



0-5k 6 weeks Training Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	Run 1 min Walk 1min Repeat x 10	Rest	Run 2 mins Walk 4 mins Repeat x 5	Rest	Rest	Run 2 mins Walk 4 mins Repeat x 5
2	Rest	Run 3 mins Walk 3 mins Repeat x 4	Rest	Run 3 mins Walk 3 mins Repeat x 4	Rest	Rest	Run 5 mins Walk 3 mins Repeat x 3
3	Rest	Run 7 ins Walk 2 mins Repeat x 3	Rest	Run 8 mins Walk 2 mins Repeat x 3	Rest	Rest	Run 8 mins Walk 2 mins Repeat x 3
4	Rest	Run 8 mins Walk 2 mins Repeat x 3	Rest	Run 10 mins Walk 2 mins Repeat twice Run for 5 mins	Rest	Rest	Run 8 mons Walk 2 mins Repeat x 3
5	Rest	Run 9 mins Walk 1 min Repeat x 3	Rest	Run 12 mins Walk 2 mins Repeat twice Run for 5 mins	Rest	Rest	Run 8 mins Walk 2 mins Repeat x 3
6	Rest	Run 15 mins Walk 1 min Repeat twice	Rest	Run 8 mins Walk 2 mins Repeat x 3	Rest	Rest	Run 5K!

If the schedule doesn't fit with your home & work life switch it up, run Tues, Thursday & Sunday – do what works for you.

When you run your 5k you may need a short break after 20 minutes or so, please do not feel deflated this is totally normal and make sure you do slow down to a walk when you need to so not to run out of steam before the end – now GO SMASH IT and ENJOY IT!