10-WEEK 5K TRAINING PLAN BEGINNERS - KM

PHASE	WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Build	1	Walk/Run 10 x 30 sec run / 1 min walk	Cross Training 20 min	Rest Day	Walk/Run 10 x 1 min run / 1 min walk	Cross Training 20 min	Walk/Run 12 x 1 min run / 1 min walk	Rest Day
	2	Walk/Run 10 x 90 sec run / 1 min walk	Cross Training 20-30 min	Rest Day	Walk/Run 8 x 2 min run / 1 min walk	Cross Training 20 min	Walk/Run 10 x 90 sec run / 30 sec walk	Rest Day
	3	Walk/Run 8 x 2 min run / 1 min walk	Cross Training 20-30 min	Rest Day	Walk/Run 8 x 3 min run / 1 min walk	Cross Training 20 min	Walk/Run 6 x 4 min run / 1 min walk	Rest Day
	4	Walk/Run 5 x 5 min run / 1 min walk	Cross Training 30 min	Rest Day	Walk/Run 3 x 8 min run / 1 min walk	Cross Training 20-30 min	Easy Run 10 min	Rest Day
	5	Easy Run 15 min	Cross Training 30 min	Rest Day	Walk/Run 2 x 10 min run / 1 min walk	Cross Training 30 min	Easy Run 18 min	Rest Day
	6	Easy Run 20 min	Cross Training 35 min	Rest Day	Speed 5 min easy + 15 x 10 sec hard / 50 sec easy	Cross Training 30 min	Walk/Run 2 x 15 min run / 30 sec walk	Rest Day
	7	Easy Run 3 km	Cross Training 40 min	Rest Day	Speed 7 min easy + 10 x 30 sec hard / 1 min easy	XT or Easy Run Cross train 30 min or Easy run 15 min	Easy Run 4 km	Rest Day
	8	Easy Run 4 km	Cross Training 45 min	Rest Day	Speed 5 min easy + 10 x 1 min hard / 1 min easy	XT or Easy Run Cross train 30 min or Easy run 15 min	Easy Run 5 km	Rest Day
	9	Easy Run 5 km	Cross Training 45 min	Rest Day	Speed 5 min easy + 10 x 1 min hard / 1 min easy	XT or Easy Run Cross train 30 min or Easy run 20 min	Easy Run 5.5 km	Rest Day
Race	10	Easy Run 5 km	Cross Training 45 min	Rest Day	Speed 2 x .5 mile easy / .5 mile hard	Rest Day	Easy Run 15 min	Race 5k race!

MARATHON HANDBOOK