3-WEEK 5K TRAINING PLAN BEGINNERS - KM

PHASE	WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Build	1	Rest or Cross Training 20 min	Walk/Run 10 x 90 sec run / 1 min walk	Rest Day	Walk/Run 8 x 2 min run / 1 min walk	Walk/Run 8 x 3 min run / 1 min walk	Rest Day	Walk/Run Run 3 km taking walk breaks as needed
	2	Rest or Cross Training 20-30 min	Walk/Run 4 x 5 min run / 2 min walk	Rest Day	Walk/Run 3 x 6 min run / 2 min walk	Walk/Run 2 x 8 min run / 4 min walk	Rest Day	Walk/Run Run 5 km taking walk breaks as needed
Race	3	Rest or Cross Training 20-30 min	Walk/Run 2 x 10 min run / 4 min walk	Rest Day	Walk/Run 3 x 8 min run / 1 min walk	Walk/Run 5 x 4 min run / 30 sec walk	Rest Day	Race 5k race!

MARATHON HANDBOOK