

# 4-WEEK 5K TRAINING PLAN BEGINNERS - KM

PHASE	WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Build	1	<i>Cross Training</i> 20 min	<i>Walk/Run</i> 10 x 90 sec run / 1 min walk	<i>Rest Day</i>	<i>Walk/Run</i> 8 x 2 min run / 1 min walk	<i>Walk/Run</i> 8 x 3 min run / 1 min walk	<i>Rest Day</i>	<i>Walk/Run</i> Run 3 km taking walk breaks as needed
	2	<i>Cross Training</i> 20-30 min	<i>Walk/Run</i> 4 x 5 min run / 2 min walk	<i>Rest Day</i>	<i>Walk/Run</i> 3 x 6 min run / 2 min walk	<i>Walk/Run</i> 2 x 8 min run / 4 min walk	<i>Rest Day</i>	<i>Walk/Run</i> Run 5 km taking walk breaks as needed
	3	<i>Cross Training</i> 30 min	<i>Walk/Run</i> 2 x 10 min run / 4 min walk	<i>Rest Day</i>	<i>Walk/Run</i> 3 x 8 min run / 1 min walk	<i>Walk/Run</i> 5 x 4 min run / 30 sec walk	<i>Rest Day</i>	<i>Easy Run</i> 20 min
Race	4	<i>Cross Training</i> 30 min	<i>Easy Run</i> 25 min	<i>Rest Day</i>	<i>Walk/Run</i> 2 x 15 min run / 1 min walk	<i>Rest Day</i>	<i>Easy Run</i> 10 min	<i>Race</i>  5k race!