4-WEEK 5K TRAINING PLAN BEGINNERS - MILES

PHASE	WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Build	**1**	*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 2 miles taking walk breaks as needed
	2	*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 3 miles taking walk breaks as needed
	3	*Cross Training* 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	*Easy Run* 20 min
Race	**4**	*Cross Training* 30 min	*Easy Run* 25 min	Rest Day	*Walk/Run* 2 x 15 min run / 1 min walk	Rest Day	*Easy Run* 10 min	*Race* 5k race!

MARATHON HANDBOOK