

MARATHON HANDBOOK

4 WEEK 5K TRAINING PLAN FOR BEGINNERS: KM

WEEK	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1		Cross Training	Walk/Run	Rest	Walk/Run	Walk/Run	Rest	Walk/Run
		20 min	Warm up: Brisk walk 5 min 10 x 90 sec run / 1 min walk Cool down: 5 min walk		Warm up: Brisk walk 5 min 8 x 2 min run / 1 min walk Cool down: 5 min walk	Warm up: Brisk walk 5 min 8 x 3 min run / 1 min walk Cool down: 5 min walk		Run 3 km taking walking breaks as needed
2		Cross Training	Walk/Run	Rest	Walk/Run	Walk/Run	Rest	Walk/Run
		20-30 min	Warm up: Brisk walk 5 min 4 x 5 min run / 2 min walk Cool down: 5 min walk		Warm up: Brisk walk 5 min 3 x 6 min run / 2 min walk Cool down: 5 min walk	Warm up: Brisk walk 5 min 2 x 8 min run / 4 min walk Cool down: 5 min walk		Run 5 km taking walking breaks as needed
3		Cross Training	Walk/Run	Rest	Walk/Run	Walk/Run	Rest	Run
		30 min	Warm up: Brisk walk 5 min 2 x 10 min run / 4 min walk Cool down: 5 min walk		Warm up: Brisk walk 5 min 3 x 8 min run / 1 min walk Cool down: 5 min walk	Warm up: Brisk walk 5 min 5 x 4 min run / 30 sec walk Cool down: 5 min walk		Warm up: Brisk walk 5 min Run 20 min without stopping
4		Cross Training	Walk/Run	Rest	Walk/Run	Rest	Easy Run	Race
		30 min	Warm up: Brisk walk 5 min Run 25 min easy without stopping		Warm up: Brisk walk 5 min 2 x 15 min run / 1 min walk Cool down: 5 min walk		10 min jog	5k Race!