

# 6-WEEK 5K TRAINING PLAN BEGINNERS - KM

| PHASE | WEEK | Monday                                       | Tuesday                     | Wednesday                             | Thursday                                   | Friday                      | Saturday                                                                                             | Sunday   |
|-------|------|----------------------------------------------|-----------------------------|---------------------------------------|--------------------------------------------|-----------------------------|------------------------------------------------------------------------------------------------------|----------|
| Build | 1    | Walk/Run<br>10 x 30 sec run /<br>1 min walk  | Cross Training<br>20 min    | Rest Day                              | Walk/Run<br>10 x 1 min run /<br>1 min walk | Cross Training<br>20 min    | Walk/Run<br>12 x 1 min run /<br>1 min walk                                                           | Rest Day |
|       |      |                                              |                             |                                       |                                            |                             |                                                                                                      |          |
|       | 2    | Walk/Run<br>10 x 90 sec run /<br>1 min walk  | Cross Training<br>20-30 min | Rest Day                              | Walk/Run<br>8 x 2 min run /<br>1 min walk  | Cross Training<br>20 min    | Walk/Run<br>10 x 90 sec run /<br>30 sec walk                                                         | Rest Day |
|       |      |                                              |                             |                                       |                                            |                             |                                                                                                      |          |
|       | 3    | Walk/Run<br>8 x 2:30 min run /<br>1 min walk | Cross Training<br>30 min    | Rest Day                              | Walk/Run<br>8 x 3 min run /<br>1 min walk  | Cross Training<br>20-30 min | Walk/Run<br>6 x 4 min run /<br>1 min walk                                                            | Rest Day |
|       |      |                                              |                             |                                       |                                            |                             |                                                                                                      |          |
|       | 4    | Walk/Run<br>5 x 5 min run /<br>1 min walk    | Cross Training<br>35 min    | Rest Day                              | Walk/Run<br>2 x 10 min run /<br>1 min walk | Cross Training<br>30 min    | Walk/Run<br>2 x 10 min run /<br>30 sec walk                                                          | Rest Day |
|       |      |                                              |                             |                                       |                                            |                             |                                                                                                      |          |
|       | 5    | Easy Run<br>3 km                             | Cross Training<br>40 min    | Rest Day                              | Easy Run<br>4 km                           | Cross Training<br>30 min    | Easy Run<br>4 km                                                                                     | Rest Day |
|       |      |                                              |                             |                                       |                                            |                             |                                                                                                      |          |
| Race  | 6    | Easy Run<br>5 km                             | Cross Training<br>35-40 min | Speed<br>2 x 800m easy /<br>800m hard | Rest Day                                   | Easy Run<br>15 min          | Race<br> 5k race! | Rest Day |
|       |      |                                              |                             |                                       |                                            |                             |                                                                                                      |          |

 MARATHON HANDBOOK