MARATHON HANDBOOK

6 WEEK 5K TRAINING PLAN FOR BEGINNERS: MILES

WEEK	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1		**Walk/Run** Warm up: Brisk walk 5 min 10 x 30 seconds run / 1 min walk Cool down: 5 min walk	**Cross Training** 20 min	**Rest**	**Walk/Run** Warm up: Brisk walk 5 min 10 x 1 min run / 1 min walk Cool down: 5 min walk	**Cross Training** 20 min	**Walk/Run** Warm up: Brisk walk 5 min 12 x 1 min run / 1 min walk Cool down: 5 min walk	**Rest**
2		**Walk/Run** Warm up: Brisk walk 5 min 10 x 90 sec run / 1 min walk Cool down: 5 min walk	**Cross Training** 20-30 min	**Rest**	**Walk/Run** Warm up: Brisk walk 5 min 8 x 2 min run / 1 min walk Cool down: 5 min walk	**Cross Training** 20 min	**Walk/Run** Warm up: Brisk walk 5 min 10 x 90 sec run / 30 sec walk Cool down: 5 min walk	**Rest**
3		**Walk/Run** Warm up: Brisk walk 5 min 8 x 2:30 min run / 1 min walk Cool down: 5 min walk	**Cross Training** 30 min	**Rest**	**Walk/Run** Warm up: Brisk walk 5 min 8 x 3 min run / 1 min walk Cool down: 5 min walk	**Cross Training** 20-30 min	**Walk/Run** Warm up: Brisk walk 5 min 6 x 4 min run / 1 min walk Cool down: 5 min walk	**Rest**
4		**Walk/Run** Warm up: Brisk walk 5 min 5 x 5 min run / 1 min walk Cool down: 5 min walk	**Cross Training** 35 min	**Rest**	**Walk/Run** Warm up: Brisk walk 5 min 2 x 10 min run / 1 min walk Cool down: 5 min walk	**Cross Training** 30 min	**Walk/Run** Warm up: Brisk walk 5 min 2 x 10 min run / 30 sec walk Cool down: 5 min walk	**Rest**
5		**Easy Run** Warm up: Brisk walk 5 min Run 2 miles easy without stopping Cool down: 5 min walk	**Cross Training** 40 min	**Rest**	**Run** Warm up: Brisk walk 5 min Run 2.5 miles without stopping	**Cross Training** 30 min	**Easy Run** Warm up: Brisk walk 5 min Run 2.5 miles without stopping	**Rest**
6		**Easy Run** Warm up: Brisk walk 5 min Run 3 miles	**Cross Training** 35-40 min	**Run** Warm up: Brisk walk 5 min Run 2 miles, running the first half of each mile hard and the second half easy	**Rest**	**Easy Run** 15 min	**Race** 5k Race!	**Rest**