



5k Training Plan

FROM WALKING TO RUNNING IN 8 WEEKS



Instructions

- Every workout needs to have a 5 to 10 min warm-up and cool-down of 5 to 10 min
- Easy runs are done in heart rate zone 1-2
- Hard runs are done in heart rate zone 4-5
- The progression run gets faster every 10 min

To better understand running zones:
Get the Running a Race Basics ebook on www.athletichybrid.com

5k Training Plan



FROM WALKING TO RUNNING
IN 8 WEEKS

	1st Week	2nd Week	3rd Week	4th Week
SUN	REST DAY	20 min walk	15 min easy run or 20 min walk	15 min easy run
MON	REST DAY	REST DAY	REST DAY	REST DAY
TUE	3 min easy pace 2 min walk Repeat 6x	5 min easy pace 2 min walk Repeat 5x	5 min easy pace 1 min walk Repeat 5x	10 min easy pace 3 min walk Repeat 3x
WED	REST DAY	REST DAY	REST DAY	REST DAY
THU	3 min easy Pace 2 min walk Repeat 5x	1 mins hard run 1 min walk Repeat 10x	90 sec hard run 90 sec walk Repeat 8x	3 mins hard run 2 min walk Repeat 6x
FRI	STRENGTH TRAINING	STRENGTH TRAINING	STRENGTH TRAINING	STRENGTH TRAINING
SAT	30 min walk	15 min easy run	15 min easy run	20 min progression run

5k Training Plan



FROM WALKING TO RUNNING
IN 8 WEEKS

	5th Week	6th Week	7th Week	8th Week
SUN	20 min easy run	20 min easy run	30 min easy run	30 min easy run
MON	REST DAY	REST DAY	REST DAY	REST DAY
TUE	20 min easy run	20 min progression run	30 min progression run	30 min progression run
WED	REST DAY	REST DAY	REST DAY	REST DAY
THU	3 min hard run 2 min walk Repeat 6x	3 min hard run 3 min easy pace Repeat 4x	3 min hard run 3 min easy pace Repeat 4x	3 min hard run 3 min easy pace Repeat 4x
FRI	STRENGTH TRAINING	STRENGTH TRAINING	STRENGTH TRAINING	STRENGTH TRAINING
SAT	30 min easy run	30 min easy run	45 min easy run	45 min easy run