

9 WEEK 5K TRAINING PLAN

Complete each session a total of three times each week, making sure you take a days rest in between. Rest days are important, to allow your body to both recover and adapt.

To warm up always start with a 5 minute brisk walk, and finish each session with a 5 minute walk to cool down followed by some light stretching.

Week 1					
Activity	Run 60 seconds	Walk 90 seconds	Repeat 8 times		

Week 2					
Activity	Run 90 seconds	Walk 2 minutes	Repeat 6 times		

Week 3					
Activity	Run 90 seconds	Walk 90 seconds	Run 3 minutes	Walk 3 minutes	Repeat twice

Week 4					
Activity	Run 3 minutes	Walk 90 seconds	Run 5 minutes	Walk 90 seconds	Repeat twice

Week 5					
Activity	Run 5 minutes	Walk 3 minutes	Run 5 minutes	Walk 3 minutes	Run 5 minutes

Week 6					
Activity	Run 5 minutes	Walk 3 minutes	Run 8 minutes	Walk 3 minutes	Run 5 minutes

Week 7					
Activity	Run 25 minutes				

Week 8					
Activity	Run 28 minutes				

Week 9					
Activity	Run 30 minutes				

Trust in the plan and take one day at a time. You can easily repeat or revisit any of the training sessions as needed, making it flexible for you to reach your distance at your own pace. As your confidence and fitness grows, you will naturally reach for the next level.