**Beginner 5K Running Program (12 Weeks)**

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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| Week 1 | Run/Walk intervals  30 sec run, 1 min walk  (15 min total) | *Rest or mobility* | Run/Walk intervals  30 sec run, 1 min walk  (15 min total) | *Rest or mobility* | *Rest/mobility or strength training* | Run/Walk intervals  1 min run, 1 min walk  (15-20 min total) | *Rest or mobility* |
| Week 2 | Run/Walk intervals  30 sec run, 1 min walk  (15 min total) | *Rest or mobility* | Run/Walk intervals  30 sec run, 1 min walk  (15 min total) | *Rest or mobility* | *Rest/mobility or strength training* | Run/Walk intervals  1 min run, 1 min walk  (15-20 min total) | *Rest or mobility* |
| Week 3 | Run/Walk intervals  30 sec run, 1 min walk  (15 min total) | *Rest or mobility* | Run/Walk intervals  1 min run, 1 min walk  (15-20 min total) | *Rest or mobility* | *Rest/mobility or strength training* | Run/Walk intervals  1 min run, 1 min walk  (20 min total) | *Rest or mobility* |
| Week 4 | Run/Walk intervals  1 min run, 1 min walk  (15-20 min total) | *Rest or mobility* | Run/Walk intervals  1 min run, 1 min walk  (20 min total) | *Rest or mobility* | *Rest/mobility or strength training* | Run/Walk intervals  2 min run, 1 min walk  (20-25 min total) | *Rest or mobility* |
| Week 5 | Run/Walk intervals  1 min run, 1 min walk  (20 min total) | *Rest or mobility* | Run/Walk intervals  2 min run, 1 min walk  (20 min total) | *Rest or mobility* | *Rest/mobility or strength training* | Run/Walk intervals  2 min run, 1 min walk  (25 min total) | *Rest or mobility* |
| Week 6 | Run/Walk intervals  2 min run, 1 min walk  (20 min total) | *Rest or mobility* | Steady State Run: 15 min total  (take walk breaks as necessary) | *Rest or mobility* | *Rest/mobility or strength training* | Run/Walk intervals  1 min run, 1 min walk  (25 min total) | *Rest or mobility* |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| Week 7 | Run/Walk intervals  2 min run, 1 min walk  (20 min total) | *Rest or mobility* | Steady State Run: 15 min total  (take walk breaks as necessary) | *Rest or mobility* | *Rest/mobility or strength training* | Run/Walk intervals  2 min run, 1 min walk  (25 min total) | *Rest or mobility* |
| Week 8 | Run/Walk intervals  2 min run, 1 min walk  (20-25 min total) | *Rest or mobility* | Steady State Run: 15-20 min total  (take walk breaks as necessary) | *Rest or mobility* | Steady State Run: 15-20 min total  (take walk breaks as necessary) | Run/Walk intervals  2 min run, 1 min walk  (25-30 min total) | *Rest or mobility* |
| Week 9 | Run/Walk intervals  2 min run, 1 min walk  (20-25 min total) | *Rest or mobility* | Steady State Run: 20-25 min total  (take walk breaks as necessary) | *Rest or mobility* | Steady State Run: 15-20 min total  (take walk breaks as necessary) | Run/Walk intervals  3 min run, 1 min walk  (30-35 min total) | *Rest or mobility* |
| Week 10 | Run/Walk intervals  3 min run, 1 min walk  (20-25 min total) | *Rest or mobility* | Steady State Run: 20-25 min total  (take walk breaks as necessary) | *Rest or mobility* | Steady State Run: 15-20 min total  (take walk breaks as necessary) | Steady State Run: 30-35 min total  (take walk breaks as necessary) | *Rest or mobility* |
| Week 11 | Run/Walk intervals  3 min run, 1 min walk  (20-25 min total) | *Rest or mobility* | Steady State Run: 20-25 min total  (take walk breaks as necessary) | *Rest or mobility* | Steady State Run: 15-20 min total  (take walk breaks as necessary) | Steady State Run: 30-40 min total  (take walk breaks as necessary) | *Rest or mobility* |
| Week 12 | Run/Walk intervals  3 min run, 1 min walk  (20 min total) | *Rest or mobility* | Steady State Run: 15-20 min total  (take walk breaks as necessary) | *Rest or mobility* | Steady State Run: 15-20 min total  (take walk breaks as necessary) | *Rest or mobility* | ***5km Run!*** |