

Beginner 5K Running Program (12 Weeks)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Run/Walk intervals 30 sec run, 1 min walk (15 min total)	<i>Rest or mobility</i>	Run/Walk intervals 30 sec run, 1 min walk (15 min total)	<i>Rest or mobility</i>	<i>Rest/mobility or strength training</i>	Run/Walk intervals 1 min run, 1 min walk (15-20 min total)	<i>Rest or mobility</i>
Week 2	Run/Walk intervals 1 min run, 1 min walk (15 min total)	<i>Rest or mobility</i>	Run/Walk intervals 1 min run, 1 min walk (15-20 min total)	<i>Rest or mobility</i>	<i>Rest/mobility or strength training</i>	Run/Walk intervals 1 min run, 1 min walk (15-20 min total)	<i>Rest or mobility</i>
Week 3	Run/Walk intervals 1 min run, 1 min walk (15-20 min total)	<i>Rest or mobility</i>	Run/Walk intervals 1 min run, 1 min walk (20-25 min total)	<i>Rest or mobility</i>	<i>Rest/mobility or strength training</i>	Run/Walk intervals 2 min run, 1 min walk (20-25 min total)	<i>Rest or mobility</i>
Week 4	Run/Walk intervals 2 min run, 1 min walk (20-25 min total)	<i>Rest or mobility</i>	Run/Walk intervals 2 min run, 1 min walk (20-25 min total)	<i>Rest or mobility</i>	<i>Rest/mobility or strength training</i>	Run/Walk intervals 2-3 min run, 1 min walk (20-25 min total)	<i>Rest or mobility</i>
Week 5	Run/Walk intervals 2-3 min run, 1 min walk (25-30 min total)	<i>Rest or mobility</i>	Run/Walk intervals 2-3 min run, 1 min walk (25-30 min total)	<i>Rest or mobility</i>	<i>Rest/mobility or strength training</i>	Run/Walk intervals 2-3 min run, 1 min walk (25-35 min total)	<i>Rest or mobility</i>
Week 6	Run/Walk intervals 3 min run, 1 min walk (25-30 min total)	<i>Rest or mobility</i>	Steady State Run: 15-20 min total (take walk breaks as necessary)	<i>Rest or mobility</i>	<i>Rest/mobility or strength training</i>	Run/Walk intervals 2-3 min run, 1 min walk (25-35 min total)	<i>Rest or mobility</i>

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