Eight weeks *to 5K*

Run/walk is real running. Finishing feeling good is the goal.
Beginner 5K: 8-Week Run/Walk Plan · Times include the 5 minute warm-up and 5 minute cool-down.

MY 5K DATE _____ GOAL _____ RUN BUDDY _____

EIGHT WEEKS · RUNS 1, 2 AND 3

WEEK	RUNS 1, 2 AND 3	ABOUT	1	2	3
WK 1	8 rounds: 1 min run + 2 min walk	34 min	☐	☐	☐
WK 2	7 rounds: 2 min run + 2 min walk	38 min	☐	☐	☐
WK 3	6 rounds: 3 min run + 2 min walk	40 min	☐	☐	☐
WK 4	5 rounds: 4 min run + 1.5 min walk	38 min	☐	☐	☐
WK 5 (lighter week)	Runs 1 and 2: 5 rounds of 4 min run + 1 min walk. Run 3: 4 rounds of 5 min run + 1.5 min walk	35 to 36 min	☐	☐	☐
WK 6	3 rounds: 8 min run + 1.5 min walk	39 min	☐	☐	☐
WK 7	2 rounds: 12 min run + 2 min walk	38 min	☐	☐	☐
WK 8 (5K week)	Runs 1 and 2: 2 rounds of 10 min run + 1 min walk, relaxed. Run 3: your 5K, continuous or run/walk (for example 4 min run + 1 min walk the whole way)	32 min, then your 5K	☐	☐	☐

NOTES

COACH NOTE · TESS

If you miss a week: repeat the last week you completed comfortably. Repeating is training, not starting over.

Pregnant or postpartum? Check with your doctor or midwife first.