

Beginner 5K 8 Week Program

Key
 W = Walk
 J = Jog

	Workout 1	Workout 2	Workout 3
Week 1	W 5 Min. 4 x [J-1, W-2] W 5 Min.	W 5 Min. 5 x [J-1, W-2] W 5 Min.	W 5 Min. 6 x [J-1.5, W-2] W 5 Min.
Week 2	W 5 Min. 4 x [J-1.5, W-1.5] W 5 Min.	W 5 Min. 5 x [J-1.5, W-1.5] W 5 Min.	W 5 Min. 5 x [J-2, W-2] W 5 Min.
Week 3	W 5 Min. 5 x [J-1.5, W-1.5] W 5 Min.	W 5 Min. 5 x [J-2, W-2] W 5 Min.	W 5 Min. 4 x [J-4, W-2] W 5 Min.
Week 4	W 5 Min. 5 x [J-2, W-2] W 5 Min.	W 5 Min. 5 x [J-3, W-2] W 5 Min.	W 5 Min. 4 x [J-6, W-2] W 5 Min.
Week 5	W 5 Min. 5 x [J-3, W-2] W 5 Min.	W 5 Min. 5 x [J-4, W-2] W 5 Min.	W 5 Min. 4 x [J-8, W-3] W 5 Min.
Week 6	W 5 Min. 5 x [J-4, W-2] W 5 Min.	W 5 Min. 5 x [J-5, W-2] W 5 Min.	W 5 Min. 3 x [J-10, W-3] W 5 Min.
Week 7	W 5 Min. 5 x [J-4, W-2] W 5 Min.	W 5 Min. 5 x [J-5, W-2] W 5 Min.	W 5 Min. 2 x [J-15, W-5] W 5 Min.
Week 8	W 5 Min. 5 x [J-4, W-2] W 5 Min.	W 5 Min. 5 x [J-2, W-2] W 5 Min.	W 5 Min. Nun Run 5K [J-20, W-5, J-20]

This is a sample training program. Always consult with your doctor prior to starting any new training. Try to space workouts out throughout the week. Listen to your body and do not overdo it. You should always be able to hold a full conversation during workouts. Rest or cross training on any non workout days listed above. All times are in Minutes.