NONE TO RUN - A Guide To Train For Your First 5K (3.1 miles) event

METH	Manday	Tuesday	Madagaday	Thursday	Friday	Cotumdon	Considere
WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Walk briskly for 5-minutes.		Walk briskly for 5-minutes.		Walk briskly for 5-minutes.	Walk briskly for 5-minutes.	
	Then alternate between 30-		Then alternate between 30-		Then alternate between 30-	Then alternate between 30-	
	seconds of slow running and		seconds of slow running and		•	seconds of slow running and	
	2 minutes of walking for a		2 minutes of walking for a		2 minutes of walking for a	2 minutes of walking for a	
1	total of 20 minutes.	Rest and Recover	total of 20 minutes.	Rest and Recover	total of 20 minutes.	total of 20 minutes.	Rest and Recover
	Walk briskly for 5-minutes.		Walk briskly for 5-minutes.		Walk briskly for 5-minutes.	Walk briskly for 5-minutes.	
	Then alternate between 60-		Then alternate between 60-		Then alternate between 60-	Then alternate between 60-	
	seconds of slow running and		seconds of slow running and		seconds of slow running and	seconds of slow running and	
	2 minutes of walking for a		2 minutes of walking for a		2 minutes of walking for a	2 minutes of walking for a	
2	total of 20 minutes.	Rest and Recover	total of 20 minutes.	Rest and Recover	total of 20 minutes.	total of 20 minutes.	Rest and Recover
	total of 20 minutes.	nest and necover	total of 20 minutes.	nest and necover	total of 20 fillilutes.	total of 20 minutes.	Rest and Recover
	Walk briskly for 5-minutes.		Walk briskly for 5-minutes.		Walk briskly for 5-minutes.	Walk briskly for 5-minutes.	
	Then alternate between 60-		Then alternate between 60-		Then alternate between 60-	Then alternate between 60-	
	seconds of slow running and		seconds of slow running and		seconds of slow running and	seconds of slow running and	
	2 minutes of walking for a		2 minutes of walking for a		2 minutes of walking for a	2 minutes of walking for a	
3	total of 25 minutes.	Rest and Recover	total of 25 minutes.	Rest and Recover	total of 25 minutes.	total of 25 minutes.	Rest and Recover
	Walk briskly for 5-minutes.		Walk briskly for 5-minutes.		Walk briskly for 5-minutes.	Walk briskly for 5-minutes.	
	Then alternate between 90-		Then alternate between 90-		Then alternate between 90-	Then alternate between 90-	
	seconds of slow running and		seconds of slow running and		seconds of slow running and	seconds of slow running and	
	2 minutes of walking for a		2 minutes of walking for a		2 minutes of walking for a	2 minutes of walking for a	
4	total of 25 minutes.	Rest and Recover	total of 25 minutes.	Rest and Recover	total of 25 minutes.	total of 25 minutes.	Rest and Recover
	Walk briskly for 5-minutes.		Walk briskly for 5-minutes.		Walk briskly for 5-minutes.	Walk briskly for 5-minutes.	
	Then alternate between 90-		Then alternate between 90-		Then alternate between 90-	Then alternate between 90-	
	seconds of slow running and		seconds of slow running and		seconds of slow running and	seconds of slow running and	
	1 minute of walking for a		1 minute of walking for a		1 minute of walking for a	1 minute of walking for a	
5	total of 25 minutes.	Rest and Recover	total of 25 minutes.	Rest and Recover	total of 25 minutes.	total of 25 minutes.	Rest and Recover
	MAZ-III. In al-Lilli. E E		MATERIAL STATE OF THE STATE OF		Malli batalik for E. C.	NAZ-III. In aduluk da a fi a da a	
	Walk briskly for 5-minutes.		Walk briskly for 5-minutes.		Walk briskly for 5-minutes.	Walk briskly for 5-minutes.	
	Then alternate between 90-		Then alternate between 90-		Then alternate between 90-	Then alternate between 90-	
	seconds of slow running and		seconds of slow running and		seconds of slow running and	seconds of slow running and	
	1 minute of walking for a	_	1 minute of walking for a		1 minute of walking for a	1 minute of walking for a	
6	total of 25 minutes.	Rest and Recover	total of 25 minutes.	Rest and Recover	total of 25 minutes.	total of 25 minutes.	Rest and Recover

WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7	Walk briskly for 5-minutes. Then alternate between 2 minutes of slow running and 30 seconds of walking for a total of 25 minutes.	Rest and Recover	Walk briskly for 5-minutes. Then alternate between 2 minutes of slow running and 30 seconds of walking for a total of 25 minutes.	Rest and Recover	Walk briskly for 5-minutes. Then alternate between 2 minutes of slow running and 30 seconds of walking for a total of 25 minutes.	Walk briskly for 5-minutes. Then alternate between 2 minutes of slow running and 30 seconds of walking for a total of 25 minutes.	Rest and Recover
8	Walk briskly for 5-minutes. Then alternate between 2 minutes of slow running and 30 seconds of walking for a total of 25 minutes.	Rest and Recover	Walk briskly for 5-minutes. Then alternate between 2 minutes of slow running and 30 seconds of walking for a total of 25 minutes.	Rest and Recover	Walk briskly for 5-minutes. Then alternate between 2 minutes of slow running and 30 seconds of walking for a total of 25 minutes.	Walk briskly for 5-minutes. Then alternate between 2 minutes of slow running and 30 seconds of walking for a total of 25 minutes.	Rest and Recover
	Walk briskly for 5-minutes. Then alternate between 5 minutes of slow running and 2 minutes of walking for a		Walk briskly for 5-minutes. Then alternate between 5 minutes of slow running and 2 minutes of walking for a		Walk briskly for 5-minutes. Then alternate between 5 minutes of slow running and 2 minutes of walking for a	Walk briskly for 5-minutes. Then alternate between 5 minutes of slow running and 2 minutes of walking for a	
9	Walk briskly for 5-minutes. Then run slowly for 20	Rest and Recover	Walk briskly for 5-minutes. Then run slowly for 20	Rest and Recover	Walk briskly for 5-minutes. Then run slowly for 20	Walk briskly for 5-minutes. Then run slowly for 20	Rest and Recover
11	Walk briskly for 5-minutes. Then run slowly for 22 minutes.	Rest and Recover	Walk briskly for 5-minutes. Then run slowly for 22 minutes.	Rest and Recover	Walk briskly for 5-minutes. Then run slowly for 22 minutes.	Walk briskly for 5-minutes. Then run slowly for 22 minutes.	Rest and Recover
12	Walk briskly for 5-minutes. Then run slowly for 25 minutes.	Rest and Recover	Walk briskly for 5-minutes. Then run slowly for 25 minutes.	Rest and Recover	Walk briskly for 5-minutes. Then run slowly for 25 minutes.	Walk briskly for 5-minutes. Then run slowly for 25 minutes.	Rest and Recover

Enjoy your first 5K

Thanks to "None To Run" for this training guide.

NOTE: It is recommended to do some stretches before and after your training. Doing simple strength routines for runners will help build your strength.