

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

[illegible]

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
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10	Walk briskly for 5-minutes. Then run slowly for 20 minutes.	Rest and Recover	Walk briskly for 5-minutes. Then run slowly for 20 minutes.	Rest and Recover	Walk briskly for 5-minutes. Then run slowly for 20 minutes.	Walk briskly for 5-minutes. Then run slowly for 20 minutes.	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.