

0 – 8 Week 5km Training Plan

Week/day	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Week 1	20 mins 1 min walk/1 min run	Rest	20 mins 1 min walk/1 min run	Rest	Cross-training/strength workout	5km walk	Rest
Week 2	24 mins 1 min walk/1 min run	Rest	24 mins 1 min walk/1 min run	Rest	Cross-training/strength workout	24 mins 1 min walk/2 min run	Rest
Week 3	30 mins 1 min walk/2 min run	Rest	30 mins 1 min walk/2 min run	Rest	Cross-training/strength workout	28 mins 1 min walk/3 min run	Rest
Week 4	32 mins 1 min walk.3 min run	Rest	32 mins 1 min walk.3 min run	Rest	Cross-training/strength workout	5km walk/run	Rest
Week 5	36 mins 1 min walk/5 min run	Rest	36 mins 1 min walk/5 min run	Rest	Cross-training/strength workout	35 mins 1 min walk/6 min run	Rest
Week 6	36 mins 1 min walk/8 min run	Rest	36 mins 1 min walk/8 min run	Rest	Cross-training/strength workout	2.5km run, walk 2 mins 2.5km run	Rest
Week 7	40 mins 1 min walk 9 min run	Rest	40 mins 1 min walk 9 min run	Rest	Cross-training/strength workout	39 mins 1 min walk 12 min run	Rest
Week 8	44 mins 1 min walk 10 min run	Rest	Cross-training/strength workout	Rest	20 mins 5 min walk 10 min run 5 min walk	Rest	5km Run