5KM BEGINNER TRAINING PROGRAM

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Rest	4 x (4 mins jog / 2 mins walk) Total time – 24 mins	Rest	4 x (4 mins jog / 1 min walk) Total time – 20 mins	Rest	5 x (4 mins jog / 1 min walk) Total time – 25 mins	Rest
2	Rest	4 x (5 mins jog / 1 min walk) Total time – 24 mins	Rest	3 x (6 mins jog / 1 min walk) Total time – 21 mins	Rest	4 x (6 mins jog / 1 min walk) Total time – 28 mins	Cross training – OPTIONAL Try swimming, cycling, resistance training, etc.
3	Rest	4 x (4 mins jog / 1 min walk) Total time – 20 mins	Rest	2 x (7 mins jog / 1 min walk) Total time – 16 mins	Rest	4 x (4 mins jog / 1 min walk) Total time – 20 mins	Cross training – OPTIONAL Try swimming, cycling, resistance training, etc.
4	Rest	4 x (6 mins jog / 1 min walk) Total time – 28 mins	Rest	3 x (7 mins jog / 1 min walk) Total time – 24 mins	Rest	5 x (5 mins jog / 1 min walk) Total time – 30 mins	Cross training – OPTIONAL Try swimming, cycling, resistance training, etc.
5	Rest	4 x (7 mins jog / 1 min walk) Total time – 32 mins	Rest	3 x (8 mins jog 1 min walk) Total time – 27 mins	Rest	3 x (10 mins jog / 1 min walk) Total time – 33 mins	Cross training – OPTIONAL Try swimming, cycling, resistance training, etc.
6	Rest	3 x (7 mins jog / 1 min walk) Total time – 24 mins	Rest	2 x (9 mins jog / 1 min walk) Total time – 20 mins	Rest	1) 2 x (15 mins jog / 1 min walk) 2) 10 mins jog Total time – 42 mins	Rest
7	Rest	1) 10 mins warm up jog 2) 8 x (30 sec fast run up a hill walk down hill) 3) 10-15 mins easy jog Total time – 24-29 mins	Rest	3 x (9 mins jog / 1 min walk) Total time – 30 mins	Rest	1) 10 mins warm up jog 2) 4 x (4 mins steady run / 1 min walk) 3) 10 mins easy jog Total time – 40 mins	Cross training – OPTIONAL Try swimming, cycling, resistance training, etc.
8	Rest	1) 10 mins warm up jog 2) 6x (60 sec fast run up a hill walk down hill) recovery b/w each 3) 10-15 mins easy jog Total time – 26-31 mins	Rest	3 x (9 mins jog / 1 min walk) Total time – 30 mins	Rest	3 x (15 mins jog / 1 min walk) Total time – 48 mins	Cross training – OPTIONAL Try swimming, cycling, resistance training, etc.
9	Rest	1) 10 mins warm up jog 2) 10 x (60 sec fast run / 60 sec walk) 3) 10 mins easy jog Total time – 40 mins	Rest	3 x (10 mins jog / 1 min walk) Total time – 33 mins	Rest	3 x (5 mins jog / 5 mins steady run / 2 mins walk) Total time – 36 mins	Rest
10	1) 10 mins easy jog 2) 6 x (30 sec fast run / 90 sec easy run) 3) 11 mins easy jog Total time – 33 mins	Rest	4 x (4 mins jog / 1 min walk) Total time – 20 mins	Rest	2 x (7 mins jog / 1 min walk) Total time – 16 mins	Rest	**Run Melbourne, presented by The Age**