

8-Week 5km Training Plan for New Runners

Week	Mon	Wed	Fri	Sat/Sun
1	Run 1 min, Walk 2 min (x8 = 24 min)	Run 1 min, Walk 2 min (x8 = 24 min)	Rest	Run 1 min, Walk 1 min (x10 = 20 min)
2	Run 1 min, Walk 1 min (x10 = 20 min)	Run 1 min, Walk 1 min (x12 = 20 min)	Rest	Run 2 min, Walk 2 min (x6 = 24 min)
3	Run 2 min, Walk 1 min (x8 = 24 min)	Run 2 min, Walk 1 min (x8 = 24 min)	Rest	Run 3 min, Walk 1 min (x6 = 24 min)
4	Run 3 min, Walk 1 min (x6 = 24 min)	Run 3 min, Walk 1 min (x7 = 28 min)	Rest	Run 4 min, Walk 1 min (x5 = 25 min))
5	Run 4 min, Walk 1 min (x5 = 25 min)	Run 4 min, Walk 1 min (x6 = 30 min)	Rest	Run 5 min, Walk 1 min (x4 = 24 min)
6	Run 5 min, Walk 1 min (x4 = 24 min)	Run 6 min, Walk 1 min (x4 = 28 min)	Rest	Run 10 min, Walk 2 min (x2 = 24 min)
7	Run 10 min, Walk 1 min (x2 = 22 min)	Run 12 min, Walk 1 min (x2 = 26 min)	Rest	Run 15 minutes continuously
8	Run 10 min, Walk 1 min (easy pace)	Run 2km (easy)	Rest	Event Day- Run/Walk 5km

A Few Notes for Runners

1. **Consult Your Physician:**
Before starting any fitness program, please consult with your physician to ensure this plan is suitable for your individual health needs and abilities.
2. **Adjust the Plan as Needed:**
These plans are designed as a guide. Listen to your body and adjust the intensity, duration, or frequency as necessary. Rest if you experience pain or excessive fatigue.
3. **Weekend Workouts (Saturday/Sunday):**
Choose one day (either Saturday or Sunday) to complete the longer session for the week. If you feel strong and want to add additional movement on the other weekend day, consider a light walk or recovery activity, such as yoga or stretching, to avoid overtraining.
4. **Proper Gear and Hydration:**
Invest in supportive shoes and weather-appropriate clothing for your walks or runs. Stay hydrated, especially on longer sessions, and consider bringing water with you.
5. **Warm-Up and Cool-Down:**
Start each session with a 5-minute warm-up (brisk walk or light dynamic stretches). End with a 5-minute cool-down and gentle stretching to improve flexibility and reduce soreness.
6. **Pace Guidance:**
Aim for a brisk pace where you can still comfortably hold a conversation.