

## 5K Training Plans for Beginners

Pick One

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Rest or run/walk	1.5 mi run	Rest or run/walk	1.5 mi run	Rest	1.5 mi run	30 min walk
2	Rest or run/walk	1.75 mi run	Rest or run/walk	1.5 mi run	Rest	1.75 mi run	35 min walk
3	Rest or run/walk	2 mi run	Rest or run/walk	1.5 mi run	Rest	2 mi run	40 min walk
4	Rest or run/walk	2.25 mi run	Rest or run/walk	1.5 mi run	Rest	2.25 mi run	45 min walk
5	Rest or run/walk	2.5 mi run	Rest or run/walk	2 mi run	Rest	2.5 mi run	50 min walk
6	Rest or run/walk	2.75 mi run	Rest or run/walk	2 mi run	Rest	2.75 mi run	55 min walk
7	Rest or run/walk	3 mi run	Rest or run/walk	2 mi run	Rest	3 mi run	60 min walk
8	Rest or run/walk	3 mi run	Rest or run/walk	2 mi run	Rest	Rest	<b>5K Race</b>



### 5K run: 7-week training schedule for beginners

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>On run/walk days, walkers walk only. Runners run for 15 seconds/walk for 45 seconds.</i>							
<b>Week 1</b>	Run/walk 30 minutes	Walk 30 minutes	Run/walk 30 minutes	Walk 30 minutes	Rest	Run/walk 3 miles (4.8 km)	Rest or walk
<i>On run/walk days, walkers walk only. Runners run for 15 seconds/walk for 45 seconds.</i>							
<b>Week 2</b>	Run/walk 30 minutes	Walk 30 minutes	Run/walk 30 minutes	Walk 30 minutes	Rest	Run/walk 3.5 miles (5.6 km)	Rest or walk
<i>On run/walk days, walkers walk only. Runners run for 20 seconds/walk for 40 seconds.</i>							
<b>Week 3</b>	Run/walk 30 minutes	Walk 30 minutes	Run/walk 30 minutes	Walk 30 minutes	Rest	Run/walk 2 miles (3.2 km) with Magic Mile*	Rest or walk
<i>On run/walk days, walkers walk only. Runners run for 20 seconds/walk for 40 seconds.</i>							
<b>Week 4</b>	Run/walk 30 minutes	Walk 30 minutes	Run/walk 30 minutes	Walk 30 minutes	Rest	Run/walk 4 miles (6.4 km)	Rest or walk
<i>On run/walk days, walkers walk only. Runners run for 25 seconds/walk for 35 seconds.</i>							
<b>Week 5</b>	Run/walk 30 minutes	Walk 30 minutes	Run/walk 30 minutes	Walk 30 minutes	Rest	Run/walk 2 miles (3.2 km) with Magic Mile*	Rest or walk
<i>On run/walk days, walkers walk only. Runners run for 25 seconds/walk for 35 seconds.</i>							
<b>Week 6</b>	Run/walk 30 minutes	Walk 30 minutes	Run/walk 30 minutes	Walk 30 minutes	Rest	Run/walk 4.5 miles (7.2 km)	Rest or walk
<i>On run/walk days, walkers walk only. Runners run for 30 seconds/walk for 30 seconds.</i>							
<b>Week 7</b>	Run/walk 30 minutes	Walk 30 minutes	Run/walk 30 minutes	Walk 30 minutes	Rest	<b>5K race day</b>	Rest or walk

Source: Galloway, J. Galloway's 5K/10K Running, 2nd. ed. Aachen, Germany: Meyer & Meyer Sport; 2008:38. Used with permission.

The Magic Mile is a training tool designed to help you find a realistic race pace. On the first Magic Mile, warm up as usual and then run or walk one mile (1.6 km) slightly faster than your normal pace. Time your one-mile run/walk with a stopwatch. Run or walk easily the rest of the distance assigned for the day. On each successive Magic Mile, warm up as usual and then try to beat your previous one-mile run/walk time. Your 5K race pace should be one to two minutes slower than your fastest Magic Mile time.

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