

# Beginner Runner & Walker 5K Training Schedule

The schedules below are only a guide. If you want to do your long runs on Saturday rather than Sunday, simply flip-flop the days. It's less important what you do in any one workout than what you do over the full eight weeks leading up to your 5K.

## Novice Running Training Schedule for 5K

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

## Walking Training Schedule for 5K

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
8	Rest or walk	15 min walk	Rest or walk	15 min walk	Rest	1.5 m walk	30-60 min walk
7	Rest or walk	15 min walk	Rest or walk	15 min walk	Rest	1.75 m walk	35-60 min walk
6	Rest or walk	20 min walk	Rest or walk	20 min walk	Rest	2 m walk	40-60 min walk
5	Rest or walk	20 min walk	Rest or walk	20 min walk	Rest	2.25 m walk	45-60 min walk
4	Rest or walk	25 min walk	Rest or walk	25 min walk	Rest	2.25 m walk	50-60 min walk
3	Rest or walk	25 min walk	Rest or walk	25 min walk	Rest	2.75 m walk	55-60 min walk
2	Rest or walk	30 min walk	Rest or walk	30 min walk	Rest	3 m walk	60 min walk
1	Rest or walk	30 min walk	Rest or walk	30 min walk	Rest	Rest	5K race

The most important day in any program is rest. Rest days are as vital as training days. They give your muscles time to recover so you can run again. Actually your muscles will build in strength as you rest. Without recovery days, you will not improve.