

5K Training Schedule Beginner Runner & Walker

The schedules below are only a guide. If you want to do your longer distance on Sunday rather than Saturday, 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.

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 MI 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	2.5 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	5-K Walk

Novice Running Training Schedule for 5K

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

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

5K Training Schedule Intermediate & Advanced

The schedules below are only a guide. If you want to do your longer distance on Sunday rather than Saturday, 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.

Intermediate Training Schedule for 5K

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Rest	3 m	5 x 400	3 m	Rest	3 m	5 m
2	Rest	3 m	30 min tempo	3 m	Rest	3 m	5 m
3	Rest	3 m	6 x 400	3 m	Rest	4 m	6 m
4	Rest	3 m	35 min tempo	3 m	Rest	Rest	5-K Test
5	Rest	3 m	7 x 400	3 m	Rest	4 m fast	6 m
6	Rest	3 m	40 min tempo	3 m	Rest	5 m	7 m
7	Rest	3 m	8 x 400	3 m	Rest	5 m fast	7 m
8	Rest	2 m	30 min tempo	2 m	Rest	Rest	5-K Race

Advanced Training Schedule for 5K

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	3 m	5 x 400	Rest or easy r/w *	30 min tempo	Rest	4 m fast	60 min
2	3 m	8 x 200	Rest or easy	30 min tempo	Rest	4 m fast	65 min
3	3 m	6 x 400	Rest or easy r/w	35 min tempo	Rest	5 mi fast	70 min
4	3 m	9 x 200	Rest or easy r/w	35 min tempo	Rest or easy run	Rest	5-K test
5	3 m	7 x 400	Rest or easy r/w	40 min tempo	Rest	5 m fast	75 min
6	3 m	10 x 200	Rest or easy r/w	40 min tempo	Rest	6 m fast	85 min
7	3 m	8 x 400	Rest or easy r/w	45 min tempo	Rest	6 m fast	90 min
8	2 m	6 x 200	30 min tempo	Rest or easy run	Rest	Rest	5-K Race

Rest: The most important day in any beginning or intermediate running program is rest. Rest days are as vital as training days. They give your muscles time to recover so you can run/walk again. Actually, your muscles will build in strength as you rest. Without recovery days, you will not improve. *r/w is run/walk.