



5K TRAINING PLAN

BEGINNER - 8 WEEK

STRENGTH FOR THE BATTLE

LETS GET STARTED!

THIS PLAN IS DESIGNED TO HELP KICK START A JOURNEY OF HEALTHY PRACTICES BUT ALSO PREPARE YOU TO REACH A RACE GOAL! SPEED IS NOT THE OBJECTIVE HERE BUT RATHER THE SENSE OF ACCOMPLISHMENT TO IDENTIFYING A GOAL AND ACHIEVING IT!

RACES ARE GREAT TOOLS TO USE TO IDENTIFY A GOAL AND PUT A TIMELINE TO IT. USING A 5K RACE AS THE BENCHMARK THIS PLAN WILL HELP BUILD FITNESS, CREATE HABITS, AND ENCOURAGE YOU TO LIVE A LIFE ON MISSION!



5K PLAN EXPLAINED

REST Use these days to take care of yourself! Go for a walk, play with the kids, or go for a bike ride!

FEEL How you feel is important! If you feel pain then take a break and then ease back into activity.

PACE Pace is different for everyone. Find a pace that you can complete all workouts at. Speed isn't the goal . . . healthy habits are!





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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30 MINUTE WALK	REST	3 MIN RUN / 2 MIN WALK REPEAT 4 TIMES	REST	3 MIN RUN / 2 MIN WALK REPEAT 4 TIMES	10 MIN RUN / 30 MIN WALK	REST
30 MINUTE WALK	REST	3 MIN RUN / 2 MIN WALK REPEAT 4 TIMES	REST	3 MIN RUN / 2 MIN WALK REPEAT 4 TIMES	10 MIN RUN / 30 MIN WALK	REST
30 MINUTE RUN/ WALK	REST	5 MIN RUN / 2 MIN WALK REPEAT 4 TIMES	REST	5 MIN RUN / 2 MIN WALK REPEAT 4 TIMES	15 MIN RUN / 30 MIN WALK	REST
30 MINUTE RUN/ WALK	REST	5 MIN RUN / 2 MIN WALK REPEAT 4 TIMES	REST	5 MIN RUN / 2 MIN WALK REPEAT 4 TIMES	20 MIN RUN / 30 MIN WALK	REST
30 MINUTE RUN/ WALK	REST	6 MIN RUN / 1 MIN WALK REPEAT 4 TIMES	REST	6 MIN RUN / 1 MIN WALK REPEAT 4 TIMES	5K RUN / WALK	REST
30 MINUTE RUN/ WALK	REST	7 MIN RUN / 2 MIN WALK REPEAT 4 TIMES	REST	7 MIN RUN / 2 MIN WALK REPEAT 4 TIMES	20 MIN RUN / 30 MIN WALK	REST
30 MINUTE RUN/ WALK	REST	5 MIN RUN / 2 MIN WALK REPEAT 4 TIMES	REST	5 MIN RUN / 2 MIN WALK REPEAT 4 TIMES	15 MIN RUN / 30 MIN WALK	REST
30 MINUTE RUN/ WALK	REST	3 MIN RUN / 2 MIN WALK REPEAT 4 TIMES	REST	30 MINUTE RUN/ WALK	10 MIN RUN / 15 MIN WALK	RACE DAY!