

Learn to Run 5km Training Program

Week	Saturday	Monday	Thursday
1	5 min warm-up walk, alternate 60 sec jog/90 sec walk for 20 minutes, 5 min cool-down walk	5 min warm-up walk, alternate 60 sec jog/90 sec walk for 20 minutes, 5 min cool-down walk	5 min warm-up walk, alternate 60 sec jog/90 sec walk for 20 minutes, 5 min cool-down walk
2	5 min walk, alternate 90 sec jog/2 min walk for 20 minutes, 5 min walk	5 min walk, alternate 90 sec jog/2 min walk for 20 minutes, 5 min walk	5 min walk, alternate 90 sec jog/2 min walk for 20 minutes, 5 min walk
3	5 min walk, jog 90 sec/walk 90 sec/jog 3 min/walk 3 min turn and repeat, 5 min walk	5 min walk, 2 x jog 90 sec/walk 90 sec/jog 3 min/walk 3 min turn and repeat, 5 min walk	5 min walk, 2 x jog 90 sec/walk 90 sec/jog 3 min/walk 3 min turn and repeat, 5 min walk
4	5 min walk, jog 3 min/walk 90 sec/jog 5 min/walk 2.5 min (turn) /jog 3 min/walk 90 sec/jog 5 min, 5 min walk	5 min walk, jog 3 min/walk 90 sec/jog 5 min/walk 2.5 min (turn)/jog 3 min/walk 90 sec/jog 5 min, 5 min walk	5 min walk, jog 3 min/walk 90 sec/jog 5 min/walk 2.5 min (turn)/jog 3 min/walk 90 sec/jog 5 min, 5 min walk
5	5 min walk, jog 5 min/walk 3 min/jog 5 min (turn)/walk 3 min/jog 5 min, 5 min walk	5 min walk, jog 8 min/walk 5 min (turn)/jog 8 min, 5 min walk	5 min walk, jog 20 continuous min (turn after 10), 5 min walk
6	5 min walk, jog 5 min/walk 3 min/jog 8 min (turn after 4)/walk 3 min/jog 5 min, 5 min walk	5 min walk, jog 10 min/walk 3 min (turn)/jog 10 min, 5 min walk	5 min walk, jog 25 continuous min (turn after 12.5), 5 min walk
7	5 min walk, jog 25 continuous min (turn after 12.5), 5 min walk	5 min walk, jog 25 continuous min (turn after 12.5), 5 min walk	5 min walk, jog 28 continuous min (turn after 14), 5 min walk
8	5 min walk, jog 28 continuous min (turn after 14), 5 min walk	5 min walk, jog 30 continuous min (turn after 15), 5 min walk	5 min walk, jog 30 continuous min (turn after 15), 5 min walk
9	Race Day		