



5km Beginner Level Training Program

Training Program Duration: 12-Weeks

Sport: Running

This program is designed for the beginner runner who wants to complete a 5km race in 12 weeks.

www.SpeedySneakers.com	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Walk 20 Minutes	Rest	Walk 20 Minutes	Rest	Rest	Walk 20 Minutes, Run 5 Minutes	Rest
Week 2	Walk 20 Minutes	Rest	Walk 20 Minutes, Run 5 Minutes	Rest	Rest	Walk 20 Minutes, Run 5 Minutes	Rest
Week 3	Walk 25 Minutes	Rest	Walk 15 Minutes, Run 10 Minutes	Rest	Rest	Walk 15 Minutes, Run 10 Minutes	Rest
Week 4	Walk 30 Minutes	Rest	Walk 10 Minutes, Run 10 Minutes	Rest	Rest	Walk 10 Minutes, Run 10 Minutes	Rest
Week 5	Walk 40 Minutes	Rest	Walk 5 Minutes, Run 10 Minutes, Walk 5 Minutes	Rest	Rest	Walk 5 Minutes, Run 15 Minutes, Walk 5 Minutes	Rest
Week 6	Walk 5 Minutes, Run 15 Minutes, Walk 5 Minutes	Rest	Walk 5 Minutes, Run 20 Minutes, Walk 5 Minutes	Rest	Rest	Walk 5 Minutes, Run 20 Minutes, Walk 5 Minutes	Rest
Week 7	Run/Walk 25 Minutes	Rest	Run/Walk 25 Minutes	Rest	Rest	Run/Walk 30 Minutes	Rest
Week 8	Run 1.5 Miles	Rest	Run 1.5 Miles	Rest	Rest	Run 2 Miles	Rest
Week 9	Run 2 miles	Rest	Run 2 Miles	Rest	Run 1.5 Miles	Run 2 Miles	Rest
Week 10	Run 2.5 Miles	Rest	Run 2.5 Miles	Rest	Run 1.5 Miles	Run 2 Miles	Rest
Week 11	Run 3 Miles	Rest	Run 2.5 Miles	Rest	Run 1.5 Miles	Run 3 Miles	Rest
Week 12	Run 2 Miles	Rest	Run 2.5 Miles	Rest	Rest	Run 5km Race	Rest