



## Running Plan 5 km Beginner

	Running Schedule	✓
Week 1, Day 1	1 min walking, 1 min jogging; alternating for 20 min	
Week 1, Day 2	1 min walking, 1 min jogging; alternating for 25 min	
Week 1, Day 3	1 min walking, 1 min jogging; alternating for 30 min	
Week 2, Day 1	5 min walking, 5 min jogging, 5 min walking, 5 min jogging	
Week 2, Day 2	5 min walking, 5 min jogging, 5 min walking, 5 min jogging, 5 min walking, 5 min jogging	
Week 2, Day 3	5 min walking, 5 min jogging, 5 min walking, 5 min jogging, 5 min walking, 5 min jogging, 5 min walking, 5 min jogging	
Week 3, Day 1	5 min walking, 10 min jogging, 5 min walking	
Week 3, Day 2	10 min walking, 10 min jogging, 10 min walking	
Week 3, Day 3	5 min walking, 5 min jogging, 5 min running 5 min walking, 5 min jogging, 5 min running	
Week 4, Day 1	5 min walking, 15 min jogging on hilly terrain, 5 min walking	
Week 4, Day 2	30 min running-jogging in intervals (then 2 day break)	
Week 4, Day 3	5 km run	