

Six-week Beginner 5K Schedule

A basic 5K schedule that assumes you don't run at all yet, and is designed to get you round comfortably, probably with a few short walk breaks

Posted: **6 May 2002**

WEEK ONE

Mon Rest
Tue Run 1 min, walk 1 min. Do 10 times
Wed Rest
Thu Run 2 mins, walk 4 mins. Do 5 times
Fri Rest
Sat Rest
Sun Run 2 mins, walk 4 mins. Do 5 times

WEEK TWO

Mon Rest
Tue Run 3 mins, walk 3 mins. Do 4 times
Wed Rest
Thu Run 3 mins, walk 3 mins. Do 4 times
Fri Rest
Sat Rest
Sun Run 5 mins, walk 3 mins. Do 3 times

WEEK THREE

Mon Rest
Tue Run 7 mins, walk 2 mins. Do 3 times
Wed Rest
Thu Run 8 mins, walk 2 mins. Do 3 times
Fri Rest
Sat Rest
Sun Run 8 mins, walk 2 mins. Do 3 times

WEEK FOUR

Mon Rest
Tue Run 8 mins, walk 2 mins. Do 3 times
Wed Rest
Thu Run 10 mins, walk 2 mins. Do twice then run for 5 mins
Fri Rest
Sat Rest
Sun Run 8 mins, walk 2 mins. Do 3 times

WEEK FIVE

Mon Rest
Tue Run 9 mins, walk 1 min. Do 3 times
Wed Rest
Thu Run 12 mins, walk 2 mins. Do twice then run for 5 mins

Fri Rest

Sat Rest

Sun Run 8 mins, walk 2 mins. Do 3 times

WEEK SIX

Mon Rest

Tue Run 15 mins, walk 1 min. Do twice

Wed Rest

Thu Run 8 mins, walk 2 mins. Do 3 times

Fri Rest

Sat Rest

Sun 5K Race!

***On race day:** You will probably find that you can run at least 20 minutes before you need a break, but whatever your plan, start slowly, and don't wait until you are exhausted before taking some one-minute walk breaks.*