



BEGINNER TO 5KM TRAINING PLAN

WEEK 1

DAY	ACTIVITY
MON	Walk 10 mins, Run 1min + Walk 1min (5 Sets), Walk 5 mins & Stretch
WED	Walk 5 mins, Run 1min + Walk 1 min (7 Sets), Walk 4 mins & Stretch
FRI	Walk 10 mins, Run 2 mins + Walk 1 min (5 Sets), Walk 5 mins & Stretch
SUN	Walk 5 mins, Run 2 mins + Walk 1 min (7 Sets), Walk 5 mins & Stretch

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WEEK 2

DAY	ACTIVITY
MON	Walk 5 mins, Run 3 mins + Walk 1 min (5 Sets), Walk 5 mins & Stretch
WED	Walk 5 mins, Run 5 mins + Walk 2 mins (3 Sets), Walk 4 mins & Stretch
FRI	Walk 4 mins, Run 5 mins + Walk 1 min (4 Sets), Walk 1 min & Stretch
SUN	Walk 5 mins, Run 8 mins + Walk 3 mins (3 Sets), Walk 3 mins & Stretch

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WEEK 3

DAY	ACTIVITY
MON	Walk 5 mins, Run 10 mins, Walk 5 mins, Run 5 mins, Walk 5 mins & Stretch
WED	Walk 5 mins, Run 12 mins, Walk 3 mins, Run 5 mins, Walk 5 mins & Stretch
FRI	Walk 10 mins, Run 15 mins, Walk 5 mins & Stretch
SUN	Walk 6 mins, Run 20 mins, Walk 6 mins & Stretch

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WEEK 4

DAY	ACTIVITY
MON	Walk 5 mins, Run 22 mins, Walk 3 mins & Stretch
WED	Walk 3 mins, Run 25 mins, Walk 6 mins & Stretch
FRI	Walk 3 mins, Run 25 mins, Walk 6 mins & Stretch
SUN	Remembrance Run 5k 10am November 9 th 2025

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