



BEGINNER TO 5KM TRAINING PLAN

WEEK 1

DAY	ACTIVITY
MON	20 mins (Easy)
WED	20 mins (Easy)
FRI	20 mins (Easy)
SUN	20 mins (Easy)

SUPPORTED BY

123.ie

EVERGREEN
CARE
Home from home



#RR5K



BEGINNER TO 5KM TRAINING PLAN

WEEK 2

DAY	ACTIVITY
MON	20 mins (Easy)
WED	20 mins (Easy)
FRI	30 mins (Easy)
SUN	30 mins (Easy)

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BEGINNER TO 5KM TRAINING PLAN

WEEK 3

DAY	ACTIVITY
MON	20 mins (Easy)
WED	30 mins (Easy)
FRI	30 mins (Easy)
SUN	30 mins (Easy)

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BEGINNER TO 5KM TRAINING PLAN

WEEK 4

DAY	ACTIVITY
MON	30 mins (Easy)
WED	40 mins (Easy)
FRI	40 mins (Easy)
SUN	Remembrance Run 5k 10am November 9 th 2025

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