

5K - 10 Week Training Plan - Novice

This is a novice 10 week training plan for a 5k. If you are of a higher fitness level please use the intermediate training plan.

This plan is suitable for people who want to walk, jog or just complete a 5k.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	1 KM Run Or Walk X 2	2 KM Run Or Jog Once	Rest Plus Stretch Day	2.5 KM Jog Or Walk Once	Rest	1.5 KM Run Or Jog X 2	Rest Or 30 - 60 Minute Walk
2	1 KM Run Or Walk X 2	2 KM Run Or Jog Once	Rest Plus Stretch Day	2.5 KM Jog Or Walk Once	Rest	1.5 KM Run Or Jog X 2	Rest Or 30 - 60 Minute Walk
3	1 KM Run Or Walk X 2	2 KM Run Or Jog Once	Rest Plus Stretch Day	2.5 KM Jog Or Walk Once	Rest	1.5 KM Run Or Jog X 2	Rest Or 30 - 60 Minute Walk
4	1 KM Run Or Walk X 2	2 KM Run Or Jog Once	Rest Plus Stretch Day	2.5 KM Jog Or Walk Once	Rest	1.5 KM Run Or Jog X 2	Rest Or 30 - 60 Minute Walk
5	1 KM Run Or Walk X 2	2 KM Run Or Jog Once	Rest Plus Stretch Day	2.5 KM Jog Or Walk Once	Rest	1.5 KM Run Or Jog X 2	Rest Or 30 - 60 Minute Walk
6	2 KM Run Or Jog X 2	3 KM Run Or Jog Once	Rest Plus Stretch Day	1.5 KM Run Or Jog X 2	Rest	4 KM Run Or Jog Once	Rest Or 30 - 60 Minute Walk
7	2 KM Run Or Jog X 2	3 KM Run Or Jog Once	Rest Plus Stretch Day	1.5 KM Run Or Jog X 2	Rest	4 KM Run Or Jog Once	Rest Or 30 - 60 Minute Walk
8	2 KM Run Or Jog X 2	3 KM Run Or Jog Once	Rest Plus Stretch Day	1.5 KM Run Or Jog X 2	Rest	5 KM Run Or Jog Once	Rest Or 30 - 60 Minute Walk
9	2 KM Run Or Jog X 2	3 KM Run Or Jog Once	Rest Plus Stretch Day	1.5 KM Run Or Jog X 2	Rest	5 KM Run Or Jog Once	Rest Or 30 - 60 Minute Walk
10	2 KM Run Or Jog X 2	3 KM Run Or Jog Once	Rest Plus Stretch Day	2.5 KM Jog & 2.5 KM Walk	Rest Plus Stretches	Rest	5K Race Good Luck!

For More Plans & Resources Visit: www.athleticscoaching.weebly.com

Adjust the plan according to your level.

For days that say stretching visit the website for suitable stretches.

Any questions ask the athletics team through our contact us page.



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