

5KM TRAINING PLAN FOR BEGINNER (6 WEEKS)

WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1	Rest	20min Walk	10min Easy run	Rest or Strength training	10min Easy run	Rest	10min run + 10min walk
WEEK 2	Rest	20min Walk	10min Easy run	Rest or Strength training	10min Easy run	Rest	10min run + 10min walk
WEEK 3	Rest	30min Walk	20min Easy run	Rest or Strength training	15min Easy run	Rest	20min run
WEEK 4	Rest	30min Walk	20min Easy run	Rest or Strength training	15min Easy run	Rest	30min run
WEEK 5	Rest	10min run	10min Easy run	Rest or Strength training	10min Easy run	Rest	20min run
WEEK 6	Rest	20min Run	Rest	Rest or Strength training	10min Easy run	Rest	Good Luck for Race

- Always warm up and cool down for each session.
- If you feel any discomfort or pain, stop and consult a physical therapist.
- This plan is based on scientific data.
- Do not increase distance or training time by more than 10% per week.
- A time-based plan is best suited for better results.
- Always follow the 80-20 rule.

© All rights reserved
visit runpakistan.com for more training plan, events and health related data.