

Training Plans

MY PLAN

OTHER PLANS

BEGINNER PLAN ONE

+ Edit

GOAL

Run a 5K in 4 Weeks



TRAINING PLAN BREAKDOWN

Daily Tasks ?

Day 1 – Walk 5 min → Jog 1 min + Walk 2 min (repeat x6)

Day 2 – Cross-train (cycling, strength, yoga)

Day 3 – Walk 5 min → Jog 2 min + Walk 2 min (repeat x5)

Day 4 – Rest or light stretching

Day 5 – Walk 5 min → Jog 3 min + Walk 2 min (repeat x4)

Day 6 – Cross-train (low-impact strength or core workout)

Day 7 – Rest

Performance Graph ?

