

## 6 Week Absolute Beginners Guide to Running a 5K

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	Run 1 min, walk 1 minute. Repeat 10 times	Rest	Run 2 minutes, walk 4 minutes, Repeat 5 times	Rest	Cross-Training	Run 2 minutes, walk 4 minutes. Repeat 5 times.
2	Rest	Run 3 minutes, walk 3 minutes, Repeat 4 times	Rest	Run 3 minutes, walk 3 minutes. Repeat 4 times.	Rest	Cross-Training	Run 5 minutes, walk 3 minutes. Repeat 3 times.
3	Rest	Run 7 minutes, walk 2 minutes. Repeat 3 times.	Rest	Run 8 minutes, walk 2 minutes. Repeat 3 times.	Rest	Cross-Training	Run 8 minutes, walk 2 minutes. Repeat 3 times.
4	Rest	Run 8 minutes, walk 2 minutes. Repeat 3 times.	Rest	Run 10 minutes, walk 2 minutes. Repeat twice then run for 5 minutes.	Rest	Cross-Training	Run 8 minutes, walk 2 minutes. Repeat 3 times.
5	Rest	Run 9 minutes, walk 1 minute. Repeat 3 times.	Rest	Run 12 minutes, walk 2 minutes. Repeat twice, then run for 5 minutes.	Rest	Cross-Training	Run 8 minutes, walk 2 minutes. Repeat 3 times.
6	Rest	Run 15 minutes, walk 1 minute. Repeat twice.	Rest	Run 8 minutes, walk 2 minutes. Repeat 3 times.	Rest	Rest	<b>5K race day!</b>

