

5K TRAINING PLAN



Intro - Week 1

Whether you're lacing up your shoes for the first time or returning to the pavement after a long break, this 8-week plan is built to help you confidently complete a 5K—3.1 miles—with a mix of walking, running, and optional cross-training. The goal: build endurance, stay injury-free, and enjoy every step of your journey to race day.

Plan Overview

3 Run/Walk Sessions per Week: Build endurance and confidence without overwhelming your body.

Optional Cross-Training Days: Activities like swimming, cycling, or strength training enhance overall fitness.

2+ Rest/Recovery Days Weekly: Let your body heal, adapt, and come back stronger.

Progressive Distance: Gradually increase your run time to reduce injury risk and improve stamina.

Weekly Motivation: Stay inspired with pro tips, mantras, and mindset shifts.

✓ Week-by-Week Breakdown

Week 1: Start Strong, Start Smart

Run/Walk: 1 min run / 2 min walk x 7 rounds (3x/week)

Cross-Training: 1 day (bike or brisk walk)

Rest Days: 3

Motivation: "You don't have to be great to start, but you have to start to be great." — Zig Ziglar

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Week 2 – Week 6

Week 2: Consistency Over Speed

Run/Walk: 1.5 min run / 2 min walk x 6 rounds

Cross-Training: 1–2 days (swim or bodyweight strength)

Rest Days: 2–3

Motivation: Show up, even when it's tough. Progress lives in consistency.

Week 3: Building Confidence

Run/Walk: 2 min run / 1.5 min walk x 6 rounds

Cross-Training: 1–2 days (add light core workout)

Motivation: You're stronger than you think. Trust the process.

Week 4: Embrace the Momentum

Run/Walk: 3 min run / 2 min walk x 5 rounds

Cross-Training: Add optional yoga for mobility

Motivation: Midway milestone—celebrate how far you've come!

Week 5: Push Through the Plateau

Run/Walk: 5 min run / 2 min walk x 4 rounds

Cross-Training: Focus on active recovery

Motivation: Growth happens outside your comfort zone.

Week 6: Getting Race Ready

Run/Walk: 8 min run / 2 min walk x 3 rounds

Cross-Training: Prioritize stretching & mobility

Motivation: Visualize the finish line. Feel the pride of completing your goal.

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Week 7 & 8

Week 7: Peak Confidence

Run/Walk: 10 min run / 1 min walk x 3 rounds

Cross-Training: Light strength or core work

Motivation: "Don't count the days. Make the days count." — Muhammad Ali

Week 8: Taper & Triumph

Run/Walk (Early Week): 8 min run / 2 min walk x 2

Mid-Week: Easy 15–20 min jog

Race Day (End of Week): 5K – run, jog, walk, or a mix—just finish!

Motivation: You've earned this. Be proud. Run your race, your way.

Pro Tips for Success

Listen to your body: Soreness is okay. Pain is not.

Fuel right: Hydrate and eat balanced meals for energy.

Track your progress: Use an app, journal, or watch for motivation.

Dress smart: Comfortable shoes and moisture-wicking clothes make a huge difference.

Celebrate milestones: Every completed session brings you closer to your goal.