**5K Training Schedule : Novice / Beginner**

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| --- | --- | --- | --- | --- | --- | --- | --- |
| Week | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
| 1 | Run/  walk 1m | 1 m run | Rest or run/walk | 1.5 m run | Rest | 2 m run | 40 min walk |
| 2 | Rest or run/walk | 2 m run | Run/  walk 20 mins | 1.5 m run | Rest | 2.25 m run | 45 min walk |
| 3 | Rest or run/walk | 2.5 m run | Run/  walk 25 mins | 2 m run | Rest | 2.5 m run | 50 min walk |
| 4 | Rest or run/walk | 2.75 m run | Run  /walk 30 mins | 2 m run | Rest | 2.75 m run | 55 min walk |
| 5 | Rest or run/walk | 3 m run | Rest or run/walk | 2 m run | Rest | 3 m run | 60 min walk |
| 6 | Rest or run/walk | 3 m run | Rest or run/walk | 2 m run | Rest | Rest | **5K (3.2m) Race** |