

# EASY 6-WEEK 5K TRAINING PLAN FOR BEGINNERS

LAM  
RESEARCH



Heart  
& Soles  
RUN

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	Run 1 min Walk 1 min Repeat X 10		Run 2 mins Walk 4 mins Repeat X 5			Run 2 mins Walk 4 mins Repeat X 5	
WEEK 2	Run 3 mins Walk 3 mins Repeat X 4		Run 3 mins Walk 3 mins Repeat X 4			Run 5 mins Walk 3 mins Repeat X 3	
WEEK 3	Run 7 mins Walk 2 mins Repeat X 3		Run 8 mins Walk 2 mins Repeat X 3			Run 8 mins Walk 2 mins Repeat X 3	
WEEK 4	Run 8 mins Walk 2 mins Repeat X 3		Run 10 mins Walk 2 mins Repeat X 2 Run 5 mins			Run 8 mins Walk 2 mins Repeat X 3	
WEEK 5	Run 9 mins Walk 1 min Repeat X 3		Run 12 mins Walk 2 mins Repeat X 2 Run 5 mins			Run 8 mins Walk 2 mins Repeat X 3	
WEEK 6	Run 15 mins Walk 1 min Repeat X 2		Run 8 mins Walk 2 mins Repeat X 3				



= REST DAY



= CELEBRATE!