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## Beginner 5K Training Plan

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>WK 1</b> Mar 18-24	2min walk 30s jog (5-6X)	STRENGTH Cross Train	3min walk 30-45s jog (4-6X)	STRENGTH Cross Train	30s jog 2min walk (5-6X)	Active Rest And/or Strength	45s jog 2min walk (4-6X)
<b>WK 2</b> Mar 25-31	2min walk 30-45s jog (5-6X)	STRENGTH Cross Train	3min walk 45s-1min jog (4-6X)	STRENGTH Cross Train	30s jog 2min walk (6-7X)	Active Rest And/or Strength	1 min jog 2-3min walk (4-6X)
<b>WK 3</b> Apr 1-7	2min walk 30-45s jog (5-6X)	STRENGTH Cross Train	3min walk 1-1.5min jog (4-6X)	STRENGTH Cross Train	30s jog 2min walk (7-8X)	Active Rest And/or Strength	1.5-2min jog 2-3min walk (4-6X)
<b>WK 4</b> Apr 8-14	2min walk 30-45s jog (5-6X)	STRENGTH Cross Train	3min walk 2-2.5min jog (4-6X)	STRENGTH Cross Train	30s jog 2min walk (9-10X)	Active Rest And/or Strength	2min jog 2-3min walk (4-6X)
<b>WK 5</b> Apr 15-21	2min walk 45s-1 jog (5-6X)	STRENGTH Cross Train	3min walk 2.5-3min jog (4-6X)	STRENGTH Cross Train	30s jog 2min walk (10-12X)	Active Rest And/or Strength	2min jog 1min walk
<b>WK 6</b> Apr 22-28	2min walk 1-1.5m jog (5-6X)	STRENGTH Cross Train	3min walk 2.5-3min jog (4-6X)	STRENGTH Cross Train	30s jog 2min walk (10-12X)	Active Rest And/or Strength	3min jog 1min walk Repeat 6-8
<b>WK 7</b> Apr 29-May 5	2min walk 1.5-2m jog (5-6X)	STRENGTH Cross Train	3min walk 2.5-3min jog (4-6X)	STRENGTH Cross Train	30s jog 2min walk (4-6X)	REST Prepare	D.M.R 5k! GOOD LUCK!