



5K BEGINNER PLAN



WEEK	MON	TUE	WED	THU	FRI	SAT	SUN	NOTES
1 1/5 - 1/11	Rest	20–25 min RW 1:2*	XT 20–25 min	20–25 min RW 1:2*	Rest	30 min RW 1:2*	20 min Walk	
2 1/12 - 1/18	Rest	25–30 min RW 2:2*	XT 20–25 min	25–30 min RW 2:2*	Rest	30–35 min RW 2:2*	20 min Walk	
3 1/19 - 1/25	Rest	25–30 min RW 3:2*	XT 20–25 min	25–30 min RW 3:2*	Rest	35–40 min RW 3:2*	20 min Walk	
4 1/26 - 2/1	Rest	25–30 min RW 3:1*	Rest	25–30 min RW 3:1*	Rest	35–40 min RW 3:1*	Rest	Cutback
5 2/2 - 2/8	Rest	30 min RW 4:1*	XT 25–30 min	30 min RW 4:1* + strides	Rest	40 min RW 4:1*	25 min Walk	
6 2/9 - 2/15	Rest	30–35 min E*	XT 25–30 min	35–40 min E* + strides	Rest	45 min RW 4:1*	25 min Walk	Transition to continuous running if you feel ready
7 2/16 - 2/22	Rest	35–40 min E* + strides	XT 25–30 min	30–35 min E*	Rest	2.5–3 mi LR	25 min Walk	
8 2/23 - 3/1	Rest	20 min E*	Rest	20 min E*	Rest	2 mi LR	20 min Walk	Cutback
9 3/2 - 3/8	Rest	35–40 min E* + strides	XT 35–40 min	35–45 min E*	Rest	3 mi LR	30 min Walk	
10 3/9 - 3/15	Rest	35–40 min E* + strides	XT 35–40 min	35–45 min E*	Rest	3 mi LR 1 mi @ 3–4 RPE + 1.5 mi @ Goal Race Pace + .5 mi @ 3–4 RPE	30 min Walk	Peak Week
11 3/16 - 3/22	Rest	30–40 E	XT 35–40 min	25–30 min E* + strides	Rest	20–25 min E	20 min Walk	
12 3/23 - 3/29	Rest	15 min E* + strides	Rest	15 min E* + strides	Rest	Rest	RACE DAY	

Coach's Key + RPE Guide

RW = Run/Walk (ex: RW 2:2 = Run 2 min / Walk 2 min — adjust as needed) | **E** = Easy (RPE 2–4; conversational) | **Tempo** = Steady mod-hard (RPE 7–8) |

XT = Cross-train (bike, elliptical, row, hike) | **LR** = Long run ≤ 30–35% of weekly time | **Strides** = 4 x 20 sec relaxed, fast effort w/ 40 sec recovery walk or jog |

Hill Sprints = 4 x 8 sec all out effort up the hill w/ long, 5-min recovery jog or power walk, full recovery | **Progression** = Start easy, gradually build speed, finish fast |

Cutback Week = easier intensity & a slight decrease in volume; allow your body to heal & absorb fitness; focus on rest & nutrition this week

RPE Scale >> 1–2 Very Easy · 3–4 Easy · 5–6 Moderate · 7–8 Hard · 9 Very Hard · 10 All Out (See RPE Guide)