

6 Week 5K Beginner Training Schedule

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	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Week 1	5 min run 1 min walk X 3	30-45 min cross training or rest	6 min run 1 min walk X 3	Rest	7 min run 3 min walk X 3	30-45 min cross training or rest	Rest
Week 2	DAY 8 7 min run 1 min walk X 3	DAY 9 30-45 min cross training or rest	DAY 10 8 min run 1 min walk X 3	DAY 11 Rest	DAY 12 9 min run 1 min walk X 3	DAY 13 30-45 min cross training or rest	DAY 14 Rest
Week 3	DAY 15 10 min run 1 min walk X 2	DAY 16 30-45 min cross training	DAY 17 12 min run 1 min walk X 2	DAY 18 Rest	DAY 19 13 min run 1 min walk X 2	DAY 20 30-45 min cross training or rest	DAY 21 Rest
Week 4	DAY 22 15 min run 1 min walk X 2	DAY 23 30-45 min cross training	DAY 24 17 min run 1 min walk 7 min run	DAY 25 Rest	DAY 26 19 min run 1 min walk 7 min run	DAY 27 30-45 min cross training or rest	DAY 28 Rest
Week 5	DAY 29 20 min run 1 min walk 6 min run	DAY 30 30-45 min cross training	DAY 31 24 min run	DAY 32 Rest	DAY 33 26 min run	DAY 34 30-45 min cross training or rest	DAY 35 Rest
Week 6	DAY 36 28 min run	DAY 37 30-45 min cross training or rest	DAY 38 30 min run	DAY 39 Rest	DAY 40 20 min run	DAY 41 Rest	DAY 42 Race Day!