

Free 5K Training Plan for beginners

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
		Run/Walk/Rpt		Run/Walk/Rpt		Run/Walk/Rpt	
1	Crosstrain	0.5m/1.5m/20m	Crosstrain	0.5m/1.5m/20m	Crosstrain/rest	0.5m/1.5m/20m	Rest
2	Crosstrain	1m/2m/20m	Crosstrain	1m/2m/20m	Crosstrain/rest	1m/2m/20m	Rest
3	Crosstrain	1.5m/2.5m/20m	Crosstrain	1.5m/2.5m/20m	Crosstrain/rest	1.5m/2.5m/20m	Rest
4	Crosstrain	2m/2m/20m	Crosstrain	2m/2m/20m	Crosstrain/rest	2m/2m/20m	Rest
5	Crosstrain	2m/1.5m/20m	Crosstrain	2m/1.5m/20m	Crosstrain/rest	2m/1.5m/20m	Rest
6	Crosstrain	2.5m/1m/30m	Crosstrain	2.5m/1m/30m	Crosstrain/rest	2.5m/1m/30m	Rest
7	Crosstrain	3m/1m/30m	Crosstrain	3m/1m/30m	Crosstrain/rest	3m/1m/30m	Rest
8	Crosstrain	4m/1m/30m	Crosstrain	4m/1m/30m	Crosstrain/rest	4m/1m/30m	Rest
9	Crosstrain	5m/1m/40m	Crosstrain	5m/1m/40m	Crosstrain/rest	5m/1m/40m	Rest
10	Crosstrain	5m/1m/40m	Crosstrain	5m/1m/40m	Crosstrain/rest	5m/1m/40m	Rest

Notes

- Run every alternate day if possible
- Allow time for cross-training and rest

Visit <http://www.half-marathon-running.com/running-books.html> for a beginner's guide to start running a 5K with detailed instructions.