



5K BEGINNER TRAINING PLAN

your step by step guide

13 week plan

5K



BEGINNER

WEEK *one(sep)*

SATURDAY 13TH

- 5min Dynamic Stretch
- Easy Run 3Km (1 min run + 1 min walk)
- 10min Static Stretch

SUNDAY 14TH

rest or cross-training or yoga

MONDAY 15TH

- 5min Dynamic Stretch
- Easy Run 2Km mix walk + jog
- 10min Static Stretch

TUESDAY 16TH

rest or cross-training or yoga

WEDNESDAY 17TH

- 5min Dynamic Stretch
- Easy Run 2Km mix walk + jog
- 10min Static Stretch

THURSDAY 18TH

rest or cross-training or yoga

FRIDAY 19TH

rest

TIP

*Focus on forming the habit;
keep runs easy and enjoyable.*

5K

BEGINNER

WEEK *two(sep)*

SATURDAY 20TH

- 5min Dynamic Stretch
- Easy Run 2Km mix walk + jog
 - 10min Static Stretch

SUNDAY 21ST

rest or cross-training or yoga

MONDAY 22ND

- 5min jog + 5min Dynamic Stretch
- Intervals (10x100m Run + 100m Walk)
 - 5min Jog
 - 10min Static Stretch

TUESDAY 23RD

rest or cross-training or yoga

WEDNESDAY 24TH

- 5min jog + 5min Dynamic Stretch
 - Easy Run 2Km
 - 10min Static Stretch

THURSDAY 25TH

rest or cross-training or yoga

FRIDAY 26TH

rest

TIP *Try all workout types without worrying about speed; consistency matters most.*



BEGINNER

WEEK *three(sep)*

SATURDAY 27TH

- 5min jog + 5min Dynamic Stretch
 - Easy Run 3Km
 - 10min Static Stretch

SUNDAY 28TH

rest or cross-training or yoga

MONDAY 29TH

- 5Min jog + 5min Dynamic Stretch
- Hill Repeats (6x30 sec Run + 2Min walk)
 - 5min Jog
 - 10min Static Stretch

TUESDAY 30TH

rest or cross-training or yoga

WEDNESDAY 1ST

- 5min jog + 5min Dynamic Stretch
- Intervals (15x100m run good + 100m walk)
 - 10min Static Stretch

THURSDAY 2ND

rest or cross-training or yoga

FRIDAY 3RD

rest

TIP

*Push hard on efforts,
keep recovery runs easy.*

5K

BEGINNER

WEEK *four(oct)*

SATURDAY 4TH

- 5min jog + 5min dynamic stretch
 - Easy run 3km
 - 10min static stretch

SUNDAY 5TH

rest or cross-training or yoga

MONDAY 6TH

- 5min jog + 5min Dynamic Stretch
- Easy Run 1km + (5 x 100m run + 100m walk)
 - 5Min Jog
 - 10min Static Stretch

TUESDAY 7TH

rest or cross-training or yoga

WEDNESDAY 8TH

- 5min jog + 5min Dynamic Stretch
- Easy Run 4Km = 1km easy + 1km walk
 - 10min Static Stretch

THURSDAY 9TH

rest or cross-training or yoga

FRIDAY 10TH

rest

TIP *Practice running at a steady, controlled tempo; avoid starting too fast.*



BEGINNER

WEEK *five(oct)*

SATURDAY 11TH

- 5min jog + 5min Dynamic Stretch
 - Easy Run 4Km
 - 10Min Static Stretch

SUNDAY 12TH

rest or cross-training or yoga

MONDAY 13TH

- 5min jog + 5min Dynamic Stretch
- Hill Repeats (5x 1min Run + 2min walk)
 - 5min Jog
 - 10min Static Stretch

TUESDAY 14TH

rest or cross-training or yoga

WEDNESDAY 15TH

- 5min jog + 5min Dynamic Stretch
- Intervals (3x500m run good + 500m walk)
 - 10min Static Stretch

THURSDAY 16TH

rest or cross-training or yoga

FRIDAY 17TH

rest

TIP

*Stay relaxed during hill repeats;
focus on form over speed.*

5K

BEGINNER

WEEK *six(oct)*

SATURDAY 18TH

- 5min jog + 5min dynamic stretch,
 - Easy run 4km
 - 10min static stretch

SUNDAY 19TH

rest or cross-training or yoga

MONDAY 20TH

- 5min jog + 5min Dynamic Stretch
- Easy Run 2km + (5 x 100m run +100m walk)
 - 5min Jog
 - 10min Static Stretch

TUESDAY 21ST

rest or cross-training or yoga

WEDNESDAY 22ND

- 5min jog + 5min Dynamic Stretch
 - Tempo Run 2 Km
 - 10min Static Stretch

THURSDAY 23RD

rest or cross-training or yoga

FRIDAY 24TH

rest

TIP

*Build mental strength;
embrace the challenge of long runs.*



BEGINNER

WEEK *seven(oct)*

SATURDAY 25TH

- 5min jog + 5min Dynamic Stretch
 - Long Run 5Km
 - 10min Static Stretch

SUNDAY 26TH

rest or cross-training or yoga

MONDAY 27TH

- 5min jog + 5min Dynamic Stretch
- Hill Repeats (6x 1min Run + 2min walk)
 - 5min Jog
 - 10min Static Stretch

TUESDAY 28TH

rest or cross-training or yoga

WEDNESDAY 29TH

- 5min jog + 5min Dynamic Stretch
- Intervals (5x400m run good + 100m walk)
 - 10min Static Stretch

THURSDAY 30TH

rest or cross-training or yoga

FRIDAY 31TH

rest

TIP

*Challenge yourself in intervals
but recover well between sessions.*



BEGINNER

WEEK *eight(nov)*

SATURDAY 1ST

- 5min jog + 5min Dynamic Stretch
 - Long Run 5Km
 - 10min Static Stretch

SUNDAY 2ND

rest or cross-training or yoga

MONDAY 3RD

- 5min jog + 5min Dynamic Stretch
- Easy Run 3km + (5 x 200m run + 100m walk)
 - 5min Jog
 - 10min Static Stretch

TUESDAY 4TH

rest or cross-training or yoga

WEDNESDAY 5TH

- 5min jog + 5min Dynamic Stretch
 - Tempo Run 3 Km
 - 10min Static Stretch

THURSDAY 6TH

rest or cross-training or yoga

FRIDAY 7TH

rest

TIP

*Maintain pacing discipline;
don't chase speed every day.*

5K

BEGINNER

WEEK *nine(nov)*

SATURDAY 8TH

- 5min jog + 5min Dynamic Stretch
 - Long Run 5Km
 - 10min Static Stretch

SUNDAY 9TH

rest or cross-training or yoga

MONDAY 10TH

- 5min jog + 5min Dynamic Stretch
- Hill Repeats (8 x 1min run + 2min walk)
- 5min jog + 10min Static Stretch

TUESDAY 11TH

rest or cross-training or yoga

WEDNESDAY 12TH

- 5min jog + 5min Dynamic Stretch
- Intervals (10x 300m run good + 200m walk)
 - 10min Static Stretch

THURSDAY 13TH

rest or cross-training or yoga

FRIDAY 14TH

rest

TIP

*Use strong form in fast intervals;
keep tempo runs smooth.*



BEGINNER

WEEK *ten(nov)*

SATURDAY 15TH

- 5min jog + 5min Dynamic Stretch
 - Long Run 5Km
 - 10min Static Stretch

SUNDAY 16TH

rest or cross-training or yoga

MONDAY 17TH

- 5min jog + 5min Dynamic Stretch
- Easy Run 1km + (15x 100m run + 100m walk)
 - 5min Jog
 - 10min Static Stretch

TUESDAY 18TH

rest or cross-training or yoga

WEDNESDAY 19TH

- 5min jog + 5min Dynamic Stretch
 - Tempo Run 4Km
 - 10min Static Stretch

THURSDAY 20TH

rest or cross-training or yoga

FRIDAY 21TH

rest

TIP *Test your limits but
respect recovery needs.*

5K

BEGINNER

WEEK eleven (nov)

SATURDAY 22ND

- 5min jog + 5min Dynamic Stretch
 - Long Run 6Km
 - 10min Static Stretch

SUNDAY 23RD

rest or cross-training or yoga

MONDAY 24TH

- 5min jog + 5min Dynamic Stretch
- Hill Repeats (5 x 1min run + 2min jog)
 - 5min Jog
 - 10min Static Stretch

TUESDAY 25TH

rest or cross-training or yoga

WEDNESDAY 26TH

- 5min jog + 5min Dynamic Stretch
- Intervals (5x 800m run good + 200m walk)
 - 10min Static Stretch

THURSDAY 27TH

rest or cross-training or yoga

FRIDAY 28TH

rest

TIP

*Perfect your technique;
small improvements add up.*



BEGINNER

WEEK *twelve(dec)*

SATURDAY 29TH

- 5min jog + 5min Dynamic Stretch
 - Long Run 5Km
 - 10min Static Stretch

SUNDAY 30TH

rest or cross-training or yoga

MONDAY 1ST

- 5min jog + 5min Dynamic Stretch
- Easy Run 1km + (5x 100m run +100m walk)
 - 5min Jog
 - 10min Static Stretch

TUESDAY 2ND

rest or cross-training or yoga

WEDNESDAY 3RD

- 5min jog + 5min Dynamic Stretch
 - Tempo Run 3Km
 - 10min Static Stretch

THURSDAY 4TH

rest or cross-training or yoga

FRIDAY 5TH

rest

TIP

Stay confident; trust the work you've already done.



BEGINNER

WEEK *thirteen* (dec)

SATURDAY 6TH

- 5min jog + 5min Dynamic Stretch
 - Long Run 4Km
 - 10min Static Stretch

SUNDAY 7TH

rest or cross-training or yoga

MONDAY 8TH

- 5min jog + 5min Dynamic Stretch
- Easy Run 1km + (5x 100m run +100m walk)
 - 5min Jog
 - 10min Static Stretch

TUESDAY 9TH

rest or cross-training or yoga

WEDNESDAY 10TH

- 5min jog + 5min Dynamic Stretch
 - Easy Run 2Km
 - 10min Static Stretch

THURSDAY 11TH

rest or cross-training or yoga

FRIDAY 12TH

rest

TIP

*Prioritize rest, light running,
and mental preparation.*



BEGINNER

Race day!

SATURDAY, DECEMBER 13TH

BEFORE YOUR 5K RACE

5min Jog + 10min Dynamic Stretch

AFTER YOUR 5K RACE

10min Static Stretch

Good luck!