



STRIDE

Beginner's 5K Training Plan

12 Weeks

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1 Base	Day 1 Walk 3 mins / Run 15 secs x15	Cross Train or Rest	Day 3 Walk 3 mins / Run 15 secs x15	Cross Train or Rest	Day 5 Walk 3 mins / Run 20 secs x15	Cross Train or Rest	Rest Day Rest Day
Week 2 Build	Day 1 Walk 3 mins / Run 30 secs x20	Cross Train or Rest	Day 3 Walk 3 mins / Run 30 secs x20	Cross Train or Rest	Day 5 Walk 3 mins / Run 30 secs x25	Cross Train or Rest	Rest Day Rest Day
Week 3 Progress	Day 1 Walk 4 mins / Run 30 secs x25	Cross Train or Rest	Day 3 Walk 4 mins / Run 30 secs x25	Cross Train or Rest	Day 5 Walk 4 mins / Run 1 min x30	Cross Train or Rest	Rest Day Rest Day
Week 4 Growing	Day 1 Walk 5 mins / Run 1 min x30	Cross Train or Rest	Day 3 Walk 5 mins / Run 1 min x30	Cross Train or Rest	Day 5 Walk 5 mins / Run 1 min x35	Cross Train or Rest	Rest Day Rest Day
Week 5 Strength	Day 1 Walk 3 mins / Run 2 mins x30	Cross Train or Rest	Day 3 Walk 3 mins / Run 2 mins x30	Cross Train or Rest	Day 5 Walk 2 mins / Run 3 mins x30	Cross Train or Rest	Rest Day Rest Day
Week 6 Halfway	Day 1 Walk 2 mins / Run 3 mins x30	Cross Train or Rest	Day 3 Walk 2 mins / Run 4 mins x28	Cross Train or Rest	Day 5 Walk 2 mins / Run 4 mins x30	Cross Train or Rest	Rest Day Rest Day
Week 7 Confidence	Day 1 Walk 1 min / Run 5 mins x25	Cross Train or Rest	Day 3 Walk 1 min / Run 6 mins x25	Cross Train or Rest	Day 5 Walk 1 min / Run 7 mins x25	Cross Train or Rest	Rest Day Rest Day
Week 8 Peak Build	Day 1 Walk 1 min / Run 8 mins x20	Cross Train or Rest	Day 3 Walk 1 min / Run 9 mins x20	Cross Train or Rest	Day 5 Run 10 mins / Walk 1 min x2	Cross Train or Rest	Rest Day Rest Day

Week 9 Endurance	Day 1 Run 12 mins / Walk 1 min x2	Cross Train or Rest	Day 3 Run 15 mins / Walk 1 min	Cross Train or Rest	Day 5 Run 16 mins / Walk 1 min	Cross Train or Rest	Rest Day Rest Day
Week 10 Race Prep	Day 1 Run 18 mins continuous	Cross Train or Rest	Day 3 Run 20 mins continuous	Cross Train or Rest	Day 5 Run 22 mins continuous	Cross Train or Rest	Rest Day Rest Day
Week 11 Taper	Day 1 Easy Run 20 mins	Cross Train or Rest	Day 3 Easy Run 15 mins	Cross Train or Rest	Day 5 Easy Run 10 mins	Cross Train or Rest	Rest Day Rest & prepare
Week 12 Race Week	Day 1 Easy Run 10 mins	Rest Day Rest	Day 3 Easy Run 8 mins	Rest Day Rest	Rest Day Rest	Rest Day Rest	Race Day! Run your 5K! You've got this!

Easy pace = conversational, full sentences · Tempo = 7/10 effort, controlled · Rest days are essential — your body adapts during recovery