

Beginner Running Plan



Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Rest	1 m	CT/Rest	1 m	Rest	1.5 m	Run 20-30 mins or CT
2		1.25 m	CT/Rest	1.5 m		1.75 m	Run 20-30 mins or CT
3		2 m	CT/Rest	1.5 m		2 m	Run 20-30 mins or CT
4		2.25 m	CT/Rest	1.5 m		2.25 m	Run 25-35 mins or CT
5		2.5 m	CT/Rest	2 m		2.5 m	Run 25-35 mins or CT
6		2.75 m	CT	2 m		2.75 m	Run 35-40 mins or CT
7		3 m	CT	2 m		3 m	Run 35-40 mins or CT
8		3 m	CT/Rest	2 m		Rest	Virtual 5K Day!

m Mile (either run or run/walk intervals)
CT Cross train. Elliptical, swim, strength train, walk, hike, etc.
Mins Minutes



Your very own...
Virtual 5K!

You pick
the start
date!

