5K TRAINING SCHEDULE - BEGINNER

GARMIN

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
WEEK 1		REST or Pilates or Aerobics + Stretch	15 mins Run/Walk + Stretch	REST	4 x (2 mins at Easy effort + 60 secs Walk + 2 mins at Easy effort) + Stretch	REST	Swap Sunday's run to today if you prefer – or take a REST day today	5 mins Walk, 5 mins at Easy effort, 5 mins walk, 5 mins at Easy effort + Stretch	
WEEK 2		REST	20 mins Run/Walk + Stretch	REST	5 mins at Easy effort, 3 mins Walk, 5 mins at Easy effort, 3 mins Walk, 5 mins at Easy effort + Stretch	REST	Swap Sunday's run to today if you prefer – or take a REST day today	2 mins walk, 6 mins at Easy effort, 2 mins walk, 6 mins at Easy effort, 2 mins walk, 6 mins at Easy effort + Stretch	
WEEK 3		30 Cross-Training or Aerobics + Stretch	15 mins Recovery run + Stretch	REST	10 mins at Easy effort, 5 mins Walk, 10 mins at Easy effort + Stretch	REST	Swap Sunday's run to today if you prefer – or take a REST day today	15 mins at Easy effort + Stretch	
WEEK 4		REST	5 mins at Easy effort, 5 mins at Steady effort run, 5 mins at Easy effort + Stretch	REST	3 mins Walk, 15 mins at Easy effort, 3 mins Walk, 15 mins at Easy effort + Stretch	REST	Swap Sunday's run to today if you prefer – or take a REST day today	20 mins at Easy effort + Stretch	

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
WEEK 5		30 Cross-Training or Aerobics + Stretch	15 mins warm-up, 3 x 3 mins at 80% effort with 2 mins easy jog between efforts, 15 mins cool-down + Stretch	REST	3 mins walk, 18 mins at Easy effort, 3 mins walk, 18 mins at Easy effort + Stretch	REST	Swap Sunday's run to today if you prefer – or take a REST day today	30 mins at Easy effort + Stretch	
WEEK 6		30 Cross-Training or Aerobics + Stretch	15 mins warm-up, 4 x 3 mins at 80% effort with 2 mins easy jog between efforts, 15 mins cool-down + Stretch	REST	5 mins walk, 25 mins at Easy effort, 5 mins walk + Stretch	REST	Swap Sunday's run to today if you prefer – or take a REST day today	40 mins at Easy effort + Stretch	
WEEK 7		REST	20 mins Recovery run + Stretch	40 mins Cross-Training + Stretch	20 mins at Easy effort + Stretch	REST	Swap Sunday's run to today if you prefer – or take a REST day today	20 mins at Easy effort + Stretch	
WEEK 8		Pilates or Aerobics + Stretch	15 mins warm-up, 5 x 3 mins at 80% effort with 90 secs jog recovery between efforts, 15 mins cool-down + Stretch	REST	5 mins at Easy effort, 5 mins at Steady effort, 5 mins at 80% effort, 5 mins at Easy effort + Stretch	REST	Swap Sunday's run to today if you prefer – or take a REST day today	40 mins at Easy effort + Stretch	

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
WEEK 9	REST	15 mins warm-up, 3 x 5 mins at 80% effort with 2 mins jog recovery between efforts, 15 mins cool-down + Stretch	40 mins Cross-Training + Stretch	6 mins at Easy effort, 6 mins steady, 6 mins at 80% effort, 6 mins at Easy effort + Stretch	REST	Swap Sunday's run to today if you prefer – or take a REST day today	50 mins at Easy effort + Stretch	
WEEK 10	REST	15 mins warm-up, 3 x 6 mins at 80% effort with 2 mins jog recovery between efforts, 15 mins cool-down + Stretch	REST	8 mins at Easy effort, 8 mins steady, 8 mins at 80% effort, 8 mins at Easy effort + Stretch	REST	Swap Sunday's run to today if you prefer – or take a REST day today	60 mins at Easy effort + Stretch	
WEEK 11	REST	15 mins warm-up, 4 x 5 mins at 80% effort with 2 mins jog recovery between efforts, 15 mins cool-down + Stretch	REST	10 mins at Easy effort, 10 mins at Steady effort, 10 mins at Easy effort + Stretch	REST	Swap Sunday's run to today if you prefer – or take a REST day today	30 mins at Easy effort + Stretch	
WEEK 12	REST	15 mins warm-up, 3 x 5 mins at 80% effort with 2 mins jog recovery between efforts, 15 mins cool-down + Stretch	REST	20 mins Recovery run + Stretch	REST	10 mins Recovery run + Stretch	5km Race	