

Train for a 5K in 4 weeks: Week 1



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Day	Activity	Duration
1	Warm-up, Run 1 min, Walk 2 min (x6), Cool-down	18 mins
2	Rest or cross-train (weights)	20-30 mins
3	Warm-up, Run 2 mins, Walk 2 mins (x5), Cool-down	20 mins running
4	Rest	
5	Warm-up, Run 3 mins, Walk 2 mins (x4), Cool-down	20 mins running
6	Rest or cross-train (weights)	20-30 mins
7	Rest	

Train for a 5K in 4 weeks: Week 2



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Day	Activity	Duration
1	Warm-up, Run 4 mins, Walk 2 mins (x4), Cool-down	24 mins running
2	Rest or cross-train (weights)	25-35 mins
3	Warm-up, Run 5 mins, Walk 2 mins (x3), Run 3 mins, Cool-down	18 mins running
4	Rest	
5	Warm-up, Run 6 mins, Walk 2 mins (x3), Cool-down	18 mins running
6	Rest or cross-train (weights)	25-35 mins
7	Rest	

Train for a 5K in 4 weeks: Week 3



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Day	Activity	Duration
1	Warm-up, Run 8 mins, Walk 2 mins (x2), Cool-down	16 mins running
2	Rest or cross-train (weights)	30-40 mins
3	Warm-up, Run 10 mins, Walk 1 min (x2), Cool-down	20 mins running
4	Rest	
5	Warm-up, Run 12 mins, Walk 2 mins, Run 8 mins, Cool-down	20 mins running
6	Rest or light walk	30 mins
7	Warm-up, Run 15 mins, Walk 5 mins, Run 10 mins, Cool-down	25 mins running

Train for a 5K in 4 weeks: Week 4!



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Day	Activity	Duration
1	Warm-up, Run 18 mins, Walk 2 mins, Run 10 mins, Cool-down	28 mins running
2	Rest or light cross-train (weights)	20-30 mins
3	Warm-up, Run 20 mins, Cool-down	20 mins running
4	Rest	
5	Warm-up, Run 15 mins (easy pace), Cool-down	15 mins running
6	Rest	
7	RACE DAY! Warm-up, Run 5k at comfortable pace, Cool-down	Varies