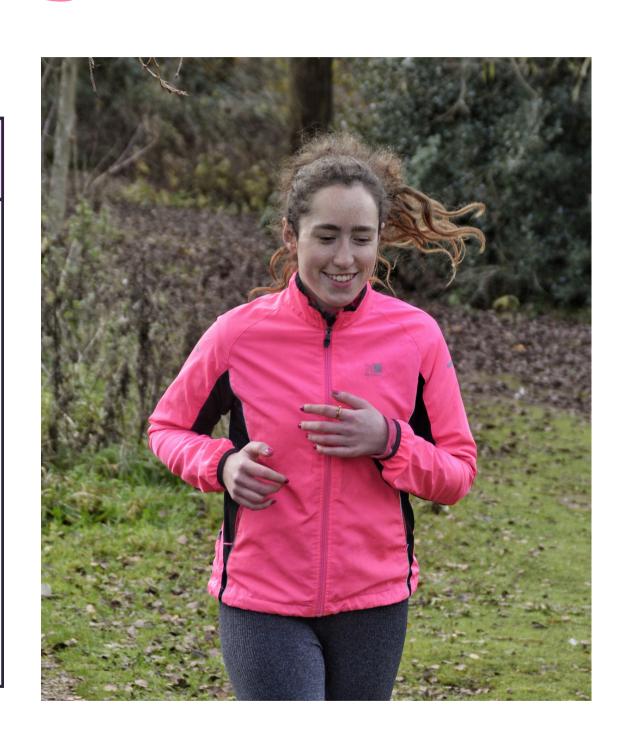
## Your 4 week 5K Training Plan

#### First things first...

I'm Katie (that's me on the right), aka LifeofaMissFit

- Good for you for taking action
- Thank you for choosing this training plan!
- You're SO much more capable than you think you are!
- A 5K in 4 weeks can be a challenge, but I believe in you...
- Find more motivational tips and help at the end of your PDF
- PS You don't need to print these page! Just the next 4!



## Week 1 - Getting started

Planned Time: .....

MONTH: \_\_\_\_\_

Planned Time: .....

5K training plan

Planned Time: .....

0 8						
	Monday	Tuesday	Wednesday 🗵	Thursday 🗵	Friday	Weekend
り	15 minutes walk/run intervals (2 minutes running, 1 minute walking)	Rest or light cross-training (walking, cycling).	20 minutes walk/run intervals (3 minutes running, 1 minute walking).	Rest (yay!)	25 minutes walk/run intervals (4 minutes running, 1 minute walking).	Rest / Light Activity
	How'd you feel?	How'd you feel?	How'd you feel?	How'd you feel?	How'd you feel?	How'd you feel?

Planned Time: .....

Planned Time: .....

## Week 2 - Keep it up!

Planned Time: .....

MONTH: \_\_\_\_\_

Planned Time: .....

5K training plan

Planned Time: .....

 Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
25 minutes walk/run intervals (5 minutes running, 1 minute walking).	Rest or light cross-training.	30 minutes walk/run intervals (6 minutes running, 1 minute walking).	Rest	30 minutes continuous run (if possible, if not do walk/run intervals).	Rest or light activity
How'd you feel?	How'd you feel?	How'd you feel?	How'd you feel?	How'd you feel?	How'd you feel?

Planned Time: .....

Planned Time: .....

### Week 3 - Endurance..

Planned Time: .....

MONTH: \_\_\_\_\_

Planned Time: .....

Planned Time: .....

### 5K training plan

Planned Time: .....

Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
30 minutes continuous run.	Rest or light cross-training.	30 minutes continuous run	Rest	40 minutes continuous run.	Rest or light activity
How'd you feel?	How'd you feel?	How'd you feel?	How'd you feel?	How'd you feel?	How'd you feel?

Planned Time: .....

### Week 4 - Your 5k race week!

Planned Time: .....

MONTH: \_\_\_\_\_

Planned Time: .....

5K training plan

Mon	day	Tuesday	Wednesday	Thursday	Friday	Weekend
25 minutes	easy run.	Rest or light cross-training.	20 minutes easy run.	Rest	15 minutes easy run.	Saturday: Rest Sunday: your 5K race!
How'd ye	ou feel?	How'd you feel?	How'd you feel?	How'd you feel?	How'd you feel?	How'd you feel?

Planned Time: .....

Planned Time: .....

# My top tips for your 5k training

5K training plan

#### 5k tips from my experience

I should say I'm not a qualified coach, but these are my tips based on my experience!

- If you find the running intervals too challenging, increase the walking time or slow down your running pace.
- If you're feeling strong, you can increase the running time or distance slightly.
- If you can not run continuously, continue with the walk/run intervals.
- Always listen to your body.
- Hydrate and refuel appropriately!
- Get good sleep along the way.
- If you have any concerns, please consult a healthcare professional.







## Need extra motivation?

Doing a 5k is a journey

#### New to running? You're not alone!

If you'd like a friendly face as you embark on your running journey, you're so welcome in my little community! I started just like you figuring it out with every step..

You can come and say hello over on my social media. My handle is @lifeofamissfit and I'm often sharing what I hope is inspiring and relatable post-run thoughts, 'diary notes' and explainer videos so you can learn about running too, if you want to.

- <u>Instagram</u>
- TikTok
- YouTube

Love, Katie (Miss Fit)



