

# 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: \_\_\_\_\_





WEEK: \_\_\_\_\_





WEEK: \_\_\_\_\_





# week!

WEEK: \_\_\_\_\_





# 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.

- [Instagram](#)
- [TikTok](#)
- [YouTube](#)

Love, Katie (Miss Fit)

