

Beginners: 0 to 5 km

This running schedule will take about 10 weeks. If you are struggling really hard with a certain week, repeat the same week before you move on to the next one.

Each week consist of 3 training days and 4 rest days. We do recommend to always have 1 rest day between your training days, apart from that you are free to choose on which days you go for a run

Red= running

White=walking

Week 1

Day 1	1'	1'	1'	1'	2'	2'	2'	2'	3'	3'	18 min
Day 2											
Day 3	1'	1'	1'	1'	2'	2'	3'	3'	3'	3'	20 min
Day 4											
Day 5	1'	1'	2'	2'	2'	2'	3'	3'	3'	3'	22 min
Day 6											
Day 7											

Week 2

Day 1	1'	1'	2'	2'	2'	2'	3'	3'	3'	3'	22 min
Day 2											
Day 3	2'	2'	3'	3'	3'	3'	3'	3'			22 min
Day 4											
Day 5	1'	1'	2'	2'	3'	3'	3'	3'	3'	3'	24 min
Day 6											
Day 7											

Week 3 en 4

Day 1	1'	1'	2'	2'	3'	3'	3'	3'	3'	2'		23 min			
Day 2															
Day 3	2'	2'	2'	1'	2'	1'	2'	1'	2'	1'	2'	1'	2'	1'	25 min
Day 4															
Day 5	1'	1'	2'	2'	4'	3'	4'	3'	5'	1'		26 min			
Day 6															
Day 7															

Week 5 en 6

Day 1	2'	2'	3'	2'	5'	3'	5'	3'	5'	2'	32 min
Day 2											
Day 3	2'	1'	3'	2'	6'	2'	6'	2'	7'	2'	33 min
Day 4											
Day 5	2'	2'	4'	2'	5'	2'	6'	2'	7'	2'	34 min
Day 6											
Day 7											

Week 7

Day 1	5'	1'	6'	2'	7'	2'	8'	1'	32 min
Day 2									
Day 3	8'	1'	8'	2'	8'	1'	8'	1'	37 min
Day 4									
Day 5	10'	2'	10'	2'	12'	1'			36 min
Day 6									
Day 7									

Week 8 en 9

Day 1	15'	2'	15'	2'				34 min
Day 2								
Day 3	10'	1'	12'	1'	12'	1'		37 min
Day 4								
Day 5	10'	1'	20'	1'				32 min
Day 6								
Day 7								

Week 10

Day 1	30'						1'	31 min
Day 2								
Day 3	32'						1'	33 min
Day 4								
Day 5	30'							30 min
Day 6								
Day 7								

Congrats! You should now be able to run 5k in one run!