**BEGINNER RUN/WALK PLAN**

**Get 5K Ready in Four Weeks!**

**Beginner Run/Walk Plan**

*This plan is designed to build up your comfort and endurance for performing run/walk intervals up to 3.1 miles.*

**WARM-UP FOR ALL RUNS: 5 MINUTE BRISK WALK**

**Week** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday**
---|---|---|---|---|---|---|---
1 | 1:2, 1.5 Miles | Rest | 1:2, 1.75 Miles | Rest | Cross Train | 1:2, 2 Miles | Rest
2 | Cross Train | 1.5:2, 1.5 Miles | Rest | 1.5:2, 2 Miles | Rest | 1.5:2, 2 Miles | Cross Train
3 | 2:2, 2 Miles | Rest | 2:2, 2 Miles | Rest | Cross Train | 2:2, 2.5 Miles | Rest
4 | Cross Train | 3:2, 2 Miles | Rest | 3:2, 2.5 Miles | Rest | 3:2, 3 Miles | Cross Train

**COOL DOWN FOR ALL RUNS: 5 MINUTE WALK (START BRISK, TAPER DOWN TO A MODERATE PACE AFTER A FEW MINUTES)**

**Legend:**

<table>
<thead>
<tr>
<th><strong>1:2, 2 miles</strong></th>
<th><strong>2:1, 3 miles</strong></th>
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</thead>
<tbody>
<tr>
<td>1 min run or brisk walk, 2 min recovery walk for 2 miles</td>
<td>2 min run or brisk walk, 1 min recovery walk for 3 miles</td>
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</table>

*Note: If you finish your miles in the middle of a run or brisk walking set, try to finish that set before you start cooling down. You get a little bit of extra distance!