

JUSTLIKE2RUN Novice 5K Training PPlan

★ 8-Week Beginner-to-5K Plan (with 2 weeks of walking first)

Three days per week. Everything stays easy and conversational.

Weeks 0–1: Walking Foundation (2 Weeks)

Goal: Build consistency, loosen joints, and prepare for run/walk intervals.

Week 0 — Just Start Moving

- **Day 1:** 15-minute easy walk
- **Day 2:** 20-minute easy walk

Day 3: 20-minute easy walk

- Focus: relaxed pace, no hills, no pressure.

Week 1 — Build to 30 Minutes

- **Day 1:** 25-minute walk
- **Day 2:** 30-minute walk

Day 3: 30-minute walk

- Focus: steady pace, optional gentle hills.

After these two weeks, the body is ready for run/walk intervals.

Weeks 2–7: Novice 5K Training (6 Weeks)

Week 2 — Build the Habit

- Run 1: 1 min run / 2 min walk × 10
- Run 2: 1 min run / 1 min walk × 10
- Run 3: 1.5 min run / 2 min walk × 8

Week 3 — Extend Running Time

- Run 1: 2 min run / 2 min walk × 8
- Run 2: 3 min run / 2 min walk × 6
- Run 3: 10 min easy run + 10 min run/walk

Week 4 — First Continuous Running

- Run 1: 5 min run / 2 min walk × 4
- Run 2: 8 min run / 2 min walk × 3
- Run 3: 12–15 min continuous run

Week 5 — Confidence Week

- Run 1: 10 min run / 2 min walk × 2
- Run 2: 15 min continuous run
- Run 3: 18–20 min continuous run

Week 6 — Almost There

- Run 1: 20 min continuous run
- Run 2: 10 min run / 1 min walk × 3
- Run 3: 25 min continuous run

Week 7 — Race Week

- Run 1: 15 min easy run
- Run 2: 10 min easy run + 3 × 20-second relaxed pickups

Run 3: **5K Race Day**

- Keep it easy early, enjoy the community vibe, finish proud.

Hints for Beginners:

- **Run slower than you think.** Most new runners run too fast.
- **Walk breaks are smart, not weak.** They help you finish strong.
- **Consistency beats intensity.** Three runs per week is enough.
- **Hydrate more than usual.**
- **Pick a local 5K.**