



**ANCHORED
IN FITNESS**

9 Week 5K Training Plan



**ANCHORED
IN FITNESS**

Welcome to your 9 week training plan! This is a beginner level plan that is based off walk and run intervals. Each week requires a minimum of 3 walk/run workouts. Try to schedule these evenly throughout the week, so you have a rest day in between them to allow your muscles to recover. You can still do other workouts on your rest days- this is called cross training. If you are planning on walking the whole 5K, you can still use this schedule, just substitute faster pace walking in place of where the plan calls to jog.

Week Date	Training Regime
October 5th-11th	Jog 60s, walk 90s: 20 min total
October 12th-18th	Jog 90s, walk 2min: 20 min total
October 19th-25th	Jog 90s, walk 90s, jog 3min, walk 3min: Repeat twice
October 26th-November 1st	Jog 3min, walk 90s, jog 5min, walk 2.5min, jog 3 min, walk 90s, jog 5min
November 2nd-November 8th	Jog 5min, walk 3min, jog 5min, walk 3min, jog 5min *Try jogging 20 minutes straight on workout 3 of this week.
November 9th-November 15th	Jog 5min, walk 3min, jog 8min, walk 3min, jog 5min *Try jogging 22 minutes straight on workout 3 of this week
November 16th-22nd	Jog 25 minutes
November 23rd-November 29th	Jog 28 minutes
November 20th-December 6th	Jog 30 minutes