Your 8-week Non Runner to 5k training plan

Don't forget your warm up and warm down: Start and end each running training session with a 5 minute walk to help you warm up and cool down your muscles, minimising the risk of injury.

Rest or cross-train | Running | Cross-train | Race Day

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 01	**Jog 30s, walk 30s** **Repeat 10x** (total time: 20 mins*)	**Rest or Cross-train.**	**Jog 30s, walk 30s** **Repeat 10x** (total time: 20 mins*)	**Rest**	**Jog 15s, walk 15s** **Jog 30s, walk 15s** **Jog 45s, walk 15s** **Jog 1 min, walk 1min** **Repeat 3x** (total time: 23 mins*)	**Rest or Cross-train.**	**Active rest: walk 30-60 mins**
Week 02	**Jog 60s, walk 30s** **Repeat 10x** (total time: 25 mins*)	**Rest or Cross-train.**	**Jog 30s, walk 30s** **Jog 60s, walk 30s** **Jog 90s, walk 60s** **Repeat 4x** (total time: 30 mins*)	**Rest**	**Jog 60s, walk 30s** **Repeat 10x** (total time: 25 mins*)	**Rest or Cross-train.**	**Active rest: walk 30-60 mins**
Week 03	**Jog 30s, walk 15s** **Jog 60s, walk 15s** **Jog 90s, walk 15s** **Jog 2 mins, walk 30s** **Repeat 3x** (total time: 29 mins*)	**Cross-train.**	**Jog 1 min, walk 30s** **Jog 2 mins, walk 30s** **Jog 3 mins, walk 1min** **Repeat 3x** (total time: 34 mins*)	**Rest**	**Sets of 5, 4, 3, 2, 1 mins jogging with 1min walking in between** (total time: 30 mins*)	**Rest or Cross-train.**	**Jog 10 mins** (total time: 20 mins*)
Week 04	**Jog 30s, walk 30s** **Repeat 5x** **Jog 10 mins** (total time: 25 mins*)	**Cross-train.**	**Jog 10 mins** **Walk 3 mins** **Jog 5 mins** (total time: 28 mins*)	**Rest**	**Jog 5mins, walk 1min** **Repeat 4x** (total time: 34 mins*)	**Rest or Cross-train.**	**Jog 15 mins** (total time: 25 mins*)
Week 05	**Jog 30s, walk 30s** **Repeat 4x** **Jog 10 mins,** **walk 3 mins** **Repeat 2x** (total time: 40 mins*)	**Cross-train.**	**Jog 15 mins** **Walk 3 mins** **Jog 5 mins** (total time: 33 mins*)	**Rest**	**Jog 30s, walk 30s** **Repeat 10x** **Jog 1 min, walk 1 min** **Jog 2 mins, walk 1 min** **Jog 3 mins, walk 1 min** **Jog 4 mins, walk 1 min** **Jog 5 mins, walk 1 min** (total time: 40 mins*)	**Rest or Cross-train.**	**Jog 20 mins** (total time: 30 mins*)
Week 06	**Jog 5 mins,** **walk 1min** **Repeat 5x** (total time: 40 mins*)	**Rest or Cross-train.**	**Jog 20 mins** (total time: 30 mins*)	**Rest**	**Jog 6 mins, walk 1 min** **Repeat 4x** (total time: 38 mins*)	**Rest**	**Jog 20 mins** (total time: 30 mins*)
Week 07	**Jog 30s** **Repeat 4x** **Jog 7 mins,** **walk 1 min** **Repeat 4x** (total time: 44 mins*)	**Rest or Cross-train.**	**Jog 25 mins** (total time: 35 mins*)	**Rest**	**Jog 5 mins, walk 1 min** **Repeat 6x** (total time: 46 mins*)	**Rest**	**Jog 30s, walk 30s** **Repeat 5x** **Jog 25 mins** (total time: 40 mins*)
Week 08	**Jog 1 min, walk 30s** **Repeat 10x** (total time: 25 mins*)	**Rest or Cross-train.**	**Jog 15 mins** **Walk 3 mins** **Jog 5 mins** (total time: 33 mins*)	**Rest**	**Sets of 5, 4, 3, 2, 1mins Jogging with 60s walking in between** (total time: 30 mins*)	**Rest**	**5k Day!**

*** includes 5-minute walk warm up and warm down**