

Week 1-2: Building a Base

Day 1: 20-minute brisk walk

Day 2: Rest

Day 3: 20-minute walk/run (alternate between walking and jogging every 2-3 minutes)

Day 4: Rest

Day 5: 20-minute brisk walk

Day 6: 20-minute walk/run

Day 7: Rest

Week 3-4: Increasing Endurance

Day 1: 25-minute brisk walk

Day 2: Rest

Day 3: 25-minute walk/run

Day 4: Rest

Day 5: 25-minute brisk walk

Day 6: 25-minute walk/run

Day 7: Rest

Week 5-6: Pushing Further

Day 1: 30-minute brisk walk

Day 2: Rest

Day 3: 30-minute walk/run

Day 4: Rest

Day 5: 30-minute brisk walk

Day 6: 30-minute walk/run

Day 7: Rest

Week 7-8: Increasing Intensity

Day 1: 35-minute brisk walk

Day 2: Rest

Day 3: 35-minute walk/run (try to increase the running intervals)

Day 4: Rest

Day 5: 35-minute brisk walk

Day 6: 35-minute walk/run

Day 7: Rest

Week 9-10: Final Preparations

Day 1: 40-minute brisk walk

Day 2: Rest

Day 3: 40-minute walk/run (focus on increasing running duration)

Day 4: Rest

Day 5: 40-minute brisk walk

Day 6: 40-minute walk/run

Day 7: Re

Week 11-12: Tapering Off

Day 1: 30-minute brisk walk

Day 2: Rest

Day 3: 20-minute walk/run (light and easy)

Day 4: Rest

Day 5: Rest

Day 6: 15-minute walk/jog

Day 7: Race day! Run your 5k!