



4 Week 5K Training Plan for Beginners!

**This plan is for informational purposes only and should not be construed as individual training advice. Consult a doctor prior to starting any new exercise program.*

Start all workouts with 5 minutes of walking.

Wk	Mon	Tues	Thurs	Sat
1	Run 5 min Walk 1 min X 4	Run 1.5 miles, walk as needed	Run 6 min Walk 1 min X 4	Run 2 miles, walk as needed
2	Run 8 min Walk 2 min Repeat 3x	Run 1.5 miles, walk as needed	Run 10 min Walk 3 min X 2	Run 2.5 miles, walk as needed
3	Run 12 min Walk 3 min X 2	Run 2 miles, walk as needed	Run 15 min Walk 3 min X 2	Run 3 miles, walk as needed
4	Run 15 min Walk 2 min X 2	Run 2 miles, walk as needed	Run 1.5 miles, walk as needed	5K Race!

Visit snackinginsneakers.com for full plan information! Don't forget to pin to save for later.

Win A 5k Race In 4 Weeks

Roman Wölfel



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