

your ACHIEVEMENT ALLY

12-week 5k beginners training program

Before beginning any new exercise program, it's important to consult with your doctor to ensure it's safe for you. Once you have clearance, use this guide to adapt your training sessions to your needs and enjoy the journey towards your goals! Keeping mind everyone has different abilities when it comes to walking or running. Some find it easier, while others may need more time to adjust. Use this guide and adapt the sessions to your schedule and fitness level. If a session feels too easy, speed up a bit. If it's too challenging, it's okay to walk or shorten the duration. Challenge yourself without overexerting. Here are some tips for your 12-week training:

- You don't have to run a 5k; walking is rewarding and fun too!
- Get properly fitted for walking/running shoes to prevent injury.
- Share your goals with family and friends for support.
- Be consistent with training, adjusting as needed for illness or injury.
- Gradually increase distance before focusing on speed to avoid injury.
- Limit sessions to avoid overtraining; rest days are important.
- Stay hydrated and eat well for optimal performance.
- Stretch before and after training to prevent injuries.
- Enjoy the process and good luck!

need an accountability partner?

scan the QR code below.



WALK 5k	monday	tuesday	wednesday	thursday	friday	saturday	sunday
week 1	rest	15 min walk	rest	15 min walk	rest	1.5 miles or 30-35 min walk	25-35 min walk
week 2	rest	15 min walk	rest	15 min walk	rest	1.5 miles or 30-35 min walk	30-40 min walk
week 3	rest	15 min walk	rest	15 min walk	rest	1.5 miles or 30-35 min walk	35-45 min walk
week 4	rest	15 min walk	rest	15 min walk	rest	1.75 miles or 40-45 min walk	35-45 min walk
week 5	rest	20 min walk	rest	20 min walk	rest	2 miles or 45 -50 min walk	40-50 min walk
week 6	rest	20 min walk	rest	20 min walk	rest	2.25 miles or 50-55 min walk	45-55 min walk
week 7	rest	20 min walk	rest	20 min walk	rest	2.25 miles or 50-55 min walk	50-60 min walk
week 8	rest	20 min walk	rest	20 min walk	rest	2.5 miles or 55-60 min walk	50-60 min walk
week 9	rest	25 min walk	rest	25 min walk	rest	2.75 miles 60-65 min walk	55-60 min walk
week 10	rest	25 min walk	rest	25 min walk	rest	2.75 miles or 60-65 min walk	55-60 min walk
week 11	rest	30 min walk	rest	30 min walk	rest	3 miles or 65 min walk	60 min walk
week 12	rest	30 min walk	rest	30 min walk	rest	5k Race!	

• This training program is created from various programs researched, combined with my own personal training experience. If you are uncertain of your ability to do this program, please consult a physician before starting.

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RUN 5k	mon	tues	wed	thurs	fri	sat	sun
week 1	rest	30 min walk	rest	walk 4 min, jog 1 min (x4)	rest	walk 4 min, jog 1 (x4)	jog 3-5min, walk for 3 min (x6)
week 2	rest	30 min walk	rest	walk 4 min, jog 1 min (x5)	rest	walk 4 min, jog 1 min (x5)	jog 5-6min, walk for 3 min (x5)
week 3	rest	40 min walk	rest	walk 4 min, jog 2-3 min (x3)	rest	walk 3 min, jog 2-3min (x3)	jog 5-8min, walk for 3 min (x5)
week 4	rest	40 min walk	rest	walk 4 min, jog 2-3 min (x3)	rest	walk 3 min, jog 2-3min (x3)	jog 5-8min, walk for 3 min (x5)
week 5	rest	45 min walk	rest	walk 3 min, jog 2-3 min (x5)	rest	walk 2 min, jog 3-4min (x4)	jog 10-12min, walk for 3 min (x3)
week 6	rest	45 min walk	rest	walk 3 min, jog 3-4 min (x4)	rest	walk 2 min, jog 5-7 min (x4)	jog 12-15 min, walk for 3 min (x2)
week 7	rest	45 min walk	rest	walk 3 min, jog 4-5 min (x5)	rest	walk 2 min, jog 6-8 min (x4)	jog 15 min, walk for 3 min (x2)
week 8	rest	45 min walk	rest	walk 3 min, jog 4-5 min (x4)	rest	walk 2 min, jog 8-10 min (x3)	jog for 20-25 min
week 9	rest	45 min walk	rest	walk 2 min, jog 5min (x5)	rest	walk 2 min, jog 10-12 min (x3)	jog for 20-30 min
week 10	rest	45 min walk	rest	walk 2 min, jog 5 min (x5)	rest	walk 2 min, jog 10-12 min (x3)	jog for 30-35 min
week 11	rest	45 min walk	rest	walk 2 min, jog 5 min (x5)	rest	walk 2 min, jog 3-4 min (x5)	jog for 35-40 min
week 12	rest	30 min walk	rest	walk 2 min, jog 5 min (x3)	rest	5k RACE!!	

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