

MoreFun2Run training schedule

14-weeks plan: 0 - 5KM

www.morefun2run.com

PLAN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
week 1	30 min walk	30 min cross training* (*cycling/elliptical trainer)	Rest	30 min walk	20 min cross training	40 min walk	Rest
week 2	30 min walk	30 min cross training	Rest	30 min walk	20 min cross training	50 min walk	Rest
week 3	5 min walk, 3x interval of "1 min run+4 min walk", 5 min walk (total training time: 25 min)	5 min walk, 5x interval of "1 min run+4 min walk", 5 min walk (total time 35 min)	Rest or 20 min easy walk	5 min walk, 5x interval of "1 min run+4 min walk", 5 min walk (total training time: 35 min)	Rest	5 min walk, 8x interval of "1 min run+4 min walk", 5 min walk (total training time: 50min)	Rest
week 4	5 min walk, 4x interval of "1 min run+4 min walk", 5 min walk (total training time: 30 min)	5 min walk, 6x interval of "1 min run+3 min walk", 5 min walk (total training time: 34 min)	Rest or 20 min easy walk	5 min walk, 6x interval of "1 min run+ 3min walk", 5 min walk (total training time: 34 min)	Rest	5 min walk, 9x interval of "1 min run+ 3min walk", 5 min walk (total training time: 55 min)	Rest
week 5	5 min walk, 4x interval of "2 min run+3 min walk", 5 min walk (total training time: 30 min)	5 min walk, 5x interval of "2 min run+3 min walk", 5 min walk (total training time: 35 min)	Rest or 20 min easy walk	5 min walk, 5x interval of "2 min run+ 3min walk", 5 min walk (total training time: 35 min)	Rest	5 min walk, 8x interval of "2 min run+ 3min walk", 5 min walk (total training time: 50 min)	Rest
week 6	5 min walk, 5x interval of "2 min run+2 min walk", 5 min walk (total training time: 30 min)	5 min walk, 6x interval of "2 min run+2 min walk", 5 min walk (total training time: 34 min)	Rest or 20 min easy walk	5 min walk, 6x intervals of "2 min run+ 2min walk", 5 min walk (total training time: 34 min)	Rest	5 min walk, 10x interval of "2 min run+ 2min walk", 5 min walk (total training time: 50 min)	Rest
week 7	5 min walk, 5x interval of "2 min run+1 min walk", 5 min walk (total training time: 25 min)	5 min walk, 8x interval of "2 min run+1 min walk", 5 min walk (total training time: 34 min)	Rest or 20 min easy walk	5 min walk, 8x interval of "2 min run+ 1min walk", 5 min walk (total training time: 34 min)	Rest	5 min walk, 15x interval of "2 min run+ 1min walk", 5 min walk (total training time: 55 min)	Rest
week 8	5 min walk, 5x interval of "3 min run+2min walk", 5 min walk (total training time: 30 min)	5 min walk, 6x interval of "3 min run+2 min walk", 5 min walk (total training time: 40 min)	Rest or 20 min walk	5 min walk, 6x interval of "3 min run+2min walk", 5 min walk (total training time: 40min)	20 min cross training	5 min walk, 9x interval of "3 min run+2 min walk", 5 min walk (total training time: 55min)	Rest

week 9	5 min walk, 5x interval of “3 min run+1min walk”, 5 min walk (total time 30 min)	5 min walk, 7x interval of “3 min run+1 min walk”, 5 min walk (total training time: 38 min)	Rest or 20 min cross training	5 min walk, 7x interval of “3 min run+1min walk”, 5 min walk (total training time: 38min)	Rest	5 min walk, 10x interval of “3 min run+1 min walk”, 5 min walk (total training time: 50min)	Rest
week 10	5 min walk, 5x interval of “4 min run+1min walk”, 5 min walk (total training time 35 min)	5 min walk, 6x interval of “4 min run+1 min walk”, 5 min walk (total training time: 40 min)	Rest or 20-30 min cross training	5 min walk, 5x interval of “5 min run+1min walk, 5 min walk (total training time: 40min)	Rest	5 min walk, 9x interval of “4 min run + 1 min walk, 5 min walk (total training time 55min)	Rest
week 11	4 min walk, 4x interval of “6 min run+1min walk”, 3 min walk (total training time 35 min)	5 min walk, 5x interval of “6 min run+1 min walk”, 5 min walk (total training time: 45 min)	Rest or 20-30 min cross training	5 min walk, 5x interval of “6 min run+1min walk”, 5 min walk (total training time: 45min)	Rest	5 min walk + 5 min run, 5 min walk + 10 min run, 5 min walk + 8 min run, 5 min walk (total training time: 43 min)	Rest
week 12	3 min walk, 3x interval of “7 min run+1min walk”, 3 min walk (total training time 30 min)	5 min walk, 4x interval of “7 min run+1 min walk”, 5 min walk (total training time: 42 min)	Rest or 30 min cross training	5 min walk, 4x interval of “7 min run+1min walk”, 5 min walk (total training time: 42min)	Rest	5 min walk + 8min run, 2 min walk + 12min run, 2 min walk + 8 min run, 5 min walk, (total training time: 43 min)	Rest
week 13	5 min walk, 3x intervals of “9 min run+1 min walk”, 5 min walk (total training time 40 min)	5 min walk, 4x interval of “9 min run+1 min walk”, 5 min walk (total training time: 40 min)	Rest or 30 min cross training	5 min walk, 4x interval of “9 min run+1min walk”, 5 min walk (total training time: 50min)	Rest	5 min walk + 12 min run, 2 min walk + 12 min run, 2 min walk + 6 min run, 5 min walk (total training time: 44 min)	Rest
week 14	5 min walk, 2x set of “15 min run+1min walk”, 5 min walk (total training time 40 min)	5 min walk, 3x interval of “12 min run+2 min walk”, 5 min walk (total training time: 52 min)	Rest	3 min walk, 3x interval of “12 min run+2min walk”, 5 min walk (total training time: 50min)	Rest	5 min walk, run 5km! 5 min walk Personal 5K Record time!	Rest