

30-Days plan to run a 5 km



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Walk 10 min, Alternate running 1 min and walking 1 min for a total of 10 min. Walk 4 min.	Strength training	Walk 10 min, Alternate running one min and walking one min for a total of 12 min. Walk 3 min.	Strength training abs	Walk 10 min, Alternate running 2 min and walking 1 min for a total of 12 min. Walk 3 min.	Rest day	Walk 8 min, Alternate running two min and walking 1 min for a total of 15 min. Walk 2 min.
Week 2	Walk 8 min, Alternate running 2 min and walking 1 min for a total of 15 min. Walk 6 min.	Strength training	Walk 6 min, Alternate running 3 min and walking one min for a total of 18 min. Walk 2 min.	Strength training abs	Walk 6 min, Alternate running 6 min and walking 2 min for a total of 20 min. Walk 2 min.	Rest day	Walk 5 min, Alternate running 8 min and walking 3 min for a total of 22 min. Walk 3 min.
Week 3	Walk 5 min. Run 10 min, Walk 5 min. Run 5 min. Walk 5 min.	Strength training	Walk 5 min. Run 12 min, Walk 3 min. Run 5 min. Walk 5 min.	Strength training abs	Walk 10 min. Run 15 min, Walk 5 min.	Rest day	Walk 6 min. Run 18 min. Walk 6 min.
Week 4	Walk 5 min, Run 20 min. Walk 5 min.	Strength training	Walk 5 min. Run 22 min. Walk 3 min.	Strength training abs	Walk 3 min. Run 25 min. Walk 2 min.	Rest day	Run 30 min.

