5K ENDURANCE TRAINING TEMPLATES

INSTRUCTIONS

Watch the intro video that is relevant to the goal you are currently pursuing from the list below.

This will help you navigate the training template that is specific for your needs.

You got this!

1. FIRST TIME WALKING A 5K TEMPLATE ▶

2. IMPROVE WALKING 5K PERFORMANCE TEMPLATE ▶

3. FIRST TIME WALK/JOGGING A 5K TEMPLATE ▶

4. IMPROVE WALK/JOGING 5K PERFORMANCE TEMPLATE ▶

5. FIRST TIME JOGGING A 5K TEMPLATE ▶

6. IMPROVE JOGGING 5K PERFORMANCE TEMPLATE ▶

FIRST TIME WALKING A 5K

INSTRUCTIONS

1. Make sure to Warm-up!

2. This is a 12-week program. We recommend 3x/week with this plan. Try to plan for a day of rest in between each walk if you can.

3. Listen to your body. If you need an extra day of rest, take it!

4. All times are listed in minutes.

WEEK	ROUNDS	BRISK WALK	WALK	TOTAL TIME	NOTES
1	6	0.5	1.5	12	
2	6	0.75	1.5	13.5	
3	6	1	1.5	15	
4	8	1.25	1	18	
5	8	1.5	1	20	
6	8	1.75	1	22	We recommend you do a 3k walk as one of your walks this week!
7	10	2	0.5	25	
8	10	2.25	0.5	27.5	
9	10	2.5	0.5	30	
10	10	2.75	0.75	35	
11	10	3	1	40	
12 (deload)	6	3	1	24	This week we are purposefully backing off so you can recover for your 5k!

INCREASE WALKING 5K PERFORMANCE

INSTRUCTIONS

1. [Make sure to Warm-up](#)!

2. This is a 12-week program. We recommend 3x/week with this plan. Try to plan for a day of rest in between each walk if you can.

3. Listen to your body. If you need an extra day of rest, take it!

4. All times are listed in minutes.

WEEK	ROUNDS	BRISK WALK	WALK	TOTAL TIME	NOTES
1	6	2.5	1	21	
2	6	3	1	24	
3	7	3	1	28	
4	8	3	1	32	
5	7	4	1	35	
6 (deload)	4	4	1	20	This week we are purposefully backing off so you can recover for the 2nd half of this program! We also recommend you do a 5k trial walk as one of your walks this week.
7	7	4	1	35	
8	7	4.5	1	38.5	
9	7	5	1	42	
10	7	5.5	1	45.5	
11	6	7	1	48	
12 (deload)	4	5	1	24	This week we are purposefully backing off so you can recover for your 5k!

FIRST TIME WALK/JOGGING A 5K

INSTRUCTIONS

1. Make sure to Warm-up!

2. This is a 12-week program. We recommend 3x/week with this plan. Try to plan for a day of rest in between each run if you can.

3. Listen to your body. If you need an extra day of rest, take it!

4. All times are listed in minutes.

WEEK	ROUNDS	JOG	WALK	TOTAL TIME	NOTES
1	6	0.5	1.5	12	
2	6	0.75	1.5	13.5	
3	6	1	1.5	15	
4	8	1.25	1.25	20	
5	8	1.5	1.5	24	
6 (deload)	4	2	1.5	14	This week we are purposefully backing off so you can recover for the 2nd half of this program! We recommend you do a 3k trial as one of your walk/jogs this week.
7	8	2	1.5	28	
8	10	2	1	30	
9	10	2.25	1	32.5	
10	10	2.5	1	35	
11	9	3	1	36	
12 (deload)	6	3	1	24	This week we are purposefully backing off so you can recover for your 5k!

NF COACHING

INCREASE WALK/JOGGING 5K PERFORMANCE

1. Make sure to Warm-up!

2. This is a 12-week program. We recommend 3x/week with this plan. Try to plan for a day of rest in between each run if you can.

3. Listen to your body. If you need an extra day of rest, take it!

4. All times are listed in minutes.

WEEK	ROUNDS	JOG	WALK	TOTAL TIME	NOTES
1	8	2	1.5	28	
2	10	2	1	30	
3	10	2.25	1	32.5	
4	10	2.5	1	35	
5	9	3	1	36	
6 (deload)	5	3	1	20	This week we are purposefully backing off so you can recover for the 2nd half of this program! We recommend you do a 5k trial as one of your walk/jogs this week.
7	8	3.5	1	36	
8	8	3.75	1	38	
9	8	4	1	40	
10	8	4.25	1	42	
11	8	4.5	1	44	
12 (deload)	4	5	1	24	This week we are purposefully backing off so you can recover for your 5k!

FIRST TIME JOGGING A 5K

INSTRUCTIONS

1. Make sure to Warm-up!

2. This is a 12-week program. We recommend 3x/week with this plan. Try to plan for a day of rest in between each run if you can.

3. Listen to your body. If you need an extra day of rest, take it!

4. All times are listed in minutes.

WEEK	ROUNDS	JOG	WALK	TOTAL TIME	NOTES
1	5	2	2	20	
2	7	2	1	21	
3	6	3	1	24	
4	7	3	1	28	
5	8	3	1	32	
6 (deload)	4	4	1	20	This week we are purposefully backing off so you can recover for the 2nd half of this program! We also recommend you do a 3k trial run as one of your runs this week.
7	6	4	1	30	
8	2	12	2	28	
9	2	15	2	34	
10	1	25	0	25	
11	1	30	0	30	
12 (deload)	1	18	0	18	This week we are purposefully backing off so you can recover for your 5k!

INCREASE JOGGING 5K PERFORMANCE

INSTRUCTIONS

1. <u>Make sure to Warm-up</u>!

2. This is a 12-week program. We recommend 3x/week with this plan.
Try to plan for a day of rest in between each run if you can.

3. Listen to your body. If you need an extra day of rest, take it!

4. All times are listed in minutes.

WEEK	ROUNDS	JOG	WALK	TOTAL TIME	NOTES
1	5	4	1	25	
2	6	4	1	30	
3	7	4	1	35	
4	8	4	1	40	
5	6	6	1	42	
6 (deload)	1	20	0	20	This week we are purposefully backing off so you can recover for the 2nd half of this program! We also recommend you do a 5k trial run as one of your runs this week.
7	3	12	2	42	
8	1	30	0	30	
9	1	34	0	34	
10	1	38	0	38	
11	1	42	0	42	
12 (deload)	1	24	0	24	This week we are purposefully backing off so you can recover for your 5k!