

LOSERS RUN CLUB

12 Week Beginner 5k Challenge



This PDF is designed for beginners that are looking to walk their first 5k

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1	3 Mins steady walk 1 Min standing rest Repeat 4x	3 Mins steady walk 1 Min standing rest Repeat 4x	REST DAY	3 Mins steady walk 1 Min standing rest Repeat 4x	3 Mins steady walk 1 Min standing rest Repeat 4x	3 Mins steady walk 1 Min standing rest Repeat 4x	REST DAY
WEEK 2	5 Mins steady walk 1 Min standing rest Repeat 3x	5 Mins steady walk 1 Min standing rest Repeat 3x	REST DAY	5 Mins steady walk 1 Min standing rest Repeat 3x	5 Mins steady walk 1 Min standing rest Repeat 3x	5 Mins steady walk 1 Min standing rest Repeat 3x	REST DAY
WEEK 3	7 Mins steady walk 30 sec standing rest Repeat 3x	7 Mins steady walk 30 sec standing rest Repeat 3x	REST DAY	7 Mins steady walk 30 sec standing rest Repeat 3x	7 Mins steady walk 30 sec standing rest Repeat 3x	7 Mins steady walk 30 sec standing rest Repeat 3x	REST DAY
WEEK 4	10 Mins Steady walk 30 sec standing rest Repeat 3x	10 Mins Steady walk 30 sec standing rest Repeat 3x	REST DAY	10 Mins Steady walk 30 sec standing rest Repeat 3x	10 Mins Steady walk 30 sec standing rest Repeat 3x	10 Mins Steady walk 30 sec standing rest Repeat 3x	REST DAY
WEEK 5	15 min easy walk	10 Mins Steady walk 30 sec standing rest Repeat 3x	REST DAY	10 Mins Steady walk 30 sec standing rest Repeat 3x	15 min easy walk	10 Mins Steady walk 30 sec standing rest Repeat 3x	REST DAY
WEEK 6	20 min easy walk	10 Mins Steady walk 30 sec standing rest Repeat 3x	REST DAY	10 Mins Steady walk 30 sec standing rest Repeat 3x	20 min easy walk	10 Mins Steady walk 30 sec standing rest Repeat 3x	REST DAY
WEEK 7	25 min walk	10 Mins Steady walk 30 sec standing rest Repeat 3x	REST DAY	25 min walk	10 Mins Steady walk 30 sec standing rest Repeat 3x	25 min walk	REST DAY
WEEK 8	30 min walk	10 Mins Steady walk 30 sec standing rest Repeat 3x	REST DAY	30 min walk	10 Mins Steady walk 30 sec standing rest Repeat 3x	30 min walk	REST DAY
WEEK 9	35 min walk	10 Mins Steady walk 30 sec standing rest Repeat 3x	REST DAY	35 min walk	10 Mins Steady walk 30 sec standing rest Repeat 3x	35 min walk	REST DAY
WEEK 10	40 min walk	10 Mins Steady walk 30 sec standing rest Repeat 3x	REST DAY	40 min walk	10 Mins Steady walk 30 sec standing rest Repeat 3x	40 min walk	REST DAY
WEEK 11	45 min walk	10 Mins Steady walk 30 sec standing rest Repeat 3x	REST DAY	45 min walk	10 Mins Steady walk 30 sec standing rest Repeat 3x	45 min walk	REST DAY
WEEK 12	45 min walk	10 Mins Steady walk 30 sec standing rest Repeat 3x	10 Mins Steady walk 30 sec standing rest Repeat 3x	15 Mins Easy Walk	REST DAY	WALK A 5K!!!	REST DAY