

LOSERS RUN CLUB

12 Week Intermediate 5k Challenge



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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1	15 min easy walk	15 min easy walk	REST DAY	15 min easy walk	15 min easy walk	20 min easy walk	REST DAY
WEEK 2	20 min easy walk	20 min easy walk	REST DAY	20 min easy walk	20 min easy walk	25 min walk	REST DAY
WEEK 3	30 min walk	30 min walk	REST DAY	30 min walk	30 min walk	35 min walk	REST DAY
WEEK 4	10 Mins Steady walk 30 sec easy jog Repeat 3x	10 Mins Steady walk 30 sec easy jog Repeat 3x	REST DAY	10 Mins Steady walk 30 second easy jog Repeat 3x	10 Mins Steady walk 30 sec easy jog Repeat 3x	10 Mins Steady walk 1 min easy jog Repeat 3x	REST DAY
WEEK 5	45 min walk	10 Mins Steady walk 1 min easy jog end with 10 sec as fast as possible Repeat 3x	REST DAY	10 Mins Steady walk 1 min easy jog Repeat 3x	10 Mins Steady walk 1 min easy jog Repeat 3x	10 Mins Steady walk 2 min easy jog Repeat 3x	REST DAY
WEEK 6	45 min walk	10 Mins Steady walk 1 min easy jog end with 10 sec as fast as possible Repeat 3x	REST DAY	10 Mins Steady walk 1 min easy jog Repeat 3x	20 min easy walk	8 Mins Steady walk 3 min easy jog Repeat 3x	REST DAY
WEEK 7	45 min walk	10 Mins Steady walk 2 min easy jog end with 10 sec as fast as possible Repeat 3x	REST DAY	10 Mins Steady walk 2 min easy jog Repeat 3x	45 min walk	8 Mins Steady walk 3 min easy jog Repeat 3x	REST DAY
WEEK 8	45 min walk	10 Mins Steady walk 3 min easy jog end with 10 sec as fast as possible Repeat 3x	REST DAY	10 Mins Steady walk 3 min easy jog Repeat 3x	45 min walk	8 Mins Steady walk 4 min easy jog Repeat 3x	REST DAY
WEEK 9	45 min walk	10 Mins Steady walk 3 min easy jog end with 10 sec as fast as possible Repeat 3x	REST DAY	10 Mins Steady walk 4 min easy jog Repeat 3x	45 min walk	8 Mins Steady walk 5 min easy jog Repeat 3x	REST DAY
WEEK 10	45 min walk	10 Mins Steady walk 3 min easy jog end with 10 sec as fast as possible Repeat 3x	REST DAY	10 Mins Steady walk 5 min easy jog Repeat 3x	45 min walk	8 Mins Steady walk 6 min easy jog Repeat 3x	REST DAY
WEEK 11	45 min walk	10 Mins Steady walk 3 min easy jog end with 10 sec as fast as possible Repeat 3x	REST DAY	10 Mins Steady walk 5 min easy jog Repeat 3x	45 min walk	7 Mins Steady walk 8 min easy jog Repeat 3x	REST DAY
WEEK 12	45 min walk	10 Mins Steady walk 30 sec easy jog end with 10 sec as fast as possible Repeat 3x	30 min walk	15 Mins Easy Walk	REST DAY	5K!!!	REST DAY