

5K Training Plan for Beginners

This plan is generated by AI. Adjust this plan to your needs and check with a knowledgeable coach.

[Check our post on Movaia.com/blog for the AI prompt used.](#)

AI Training Plan Notes

This training plan follows the principles of gradual progression and periodization to help you prepare for your upcoming race. The training volume and intensity gradually increase over time, with a taper period in the last week before the race. The plan includes a mix of recovery runs, endurance runs, tempo runs, interval runs, and hill repeats to help improve your fitness and prepare for the race. Every fourth week is a recovery week with reduced volume and intensity to allow your body to rest and recover. The plan also includes strength training sessions twice a week and running form drills before workouts to help improve your running form. Every fourth week includes a functional threshold test to track your progress and adjust your training zones accordingly.

I hope this complete training plan helps you prepare for your upcoming race. Remember to listen to your body and adjust the plan as needed. Good luck with your training!

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	Strength Training (45 min)	Walk-Run (30 min, 1 min walk/1 min run)	Rest	Strength Training (45 min)	Walk-Run (35 min, 1 min walk/1 min run)	Rest
2	Rest	Strength Training (45 min) + Running Form Drills (15 min)	Walk-Run (30 min, 1 min walk/2 min run) + Running Form Drills (15 min)	Rest	Strength Training (45 min) + Running Form Drills (15 min)	Walk-Run (40 min, 1 min walk/2 min run) + Running Form Drills (15 min)	Rest

3	Rest	Strength Training (45 min) + Running Form Drills (15 min)	Walk-Run (30 min, 1 min walk/3 min run) + Running Form Drills (15 min)	Rest	Strength Training (45 min) + Running Form Drills (15 min)	Walk-Run (45 min, 1 min walk/3 min run) + Running Form Drills (15 min)	Rest
4	Rest	Functional Threshold Test (30 min) + Running Form Drills (15 min)	Recovery Run (30 min, Zone 1-2) + Running Form Drills (15 min)	Rest	Strength Training (45 min)	Take videos for Movaia.com run form check up + Endurance Run (50min, Zone 2-3)	Rest
5	Rest	Strength Training (45 min) + Running Form Drills (15 min)	Recovery Run (30 min, Zone 1-2) + Running Form Drills (15 min)	Rest	Strength Training (45 min) + Running Form Drills (15 min)	Endurance Run (60 min, Zone 2-3) + Running Form Drills (15 min)	Rest
6	Rest	Strength Training (45 min) + Running Form Drills (15 min)	Tempo Run (35 min, Zone 3-4) + Running Form Drills (15 min)	Rest	Strength Training (45 min) + Running Form Drills (15 min)	Endurance Run (65 min, Zone 2-3) + Running Form Drills (15 min)	Rest

7	Rest	Strength Training (45 min) + Running Form Drills (15 min)	Interval Run (35 min, Zone 4-5) + Running Form Drills (15 min)	Rest	Strength Training (45 min) + Running Form Drills (15 min)	Run Repeats (45 min, Zone 3-5) + Running Form Drills (15 min)	Rest
8	Rest	Functional Threshold Test (30 min) + Running Form Drills (15 min)	Recovery Run(30min, Zone1-2)+Running Form Drills(15min)	Rest	Strength Training(45 min)	Take videos for Movaia.com run form check up+Endurance Run(70min, Zone2-3)	Rest

9	Rest	Strength Training(45 min)+Running Form Drills(15min)	Recovery Run(30min, Zone1-2)+Running Form Drills(15min)	Rest	Strength Training(45 min)+Running Form Drills(15min)	Endurance Run(75min, Zone2-3)+Running Form Drills(15min)	Rest
10	Rest	Strength Training(45 min)+Running Form Drills(15min)	Tempo Run(40min, Zone3-4)+Running Form Drills(15min)	Rest	Strength Training(45 min)+Running Form Drills(15min)	Endurance Run(80min, Zone2-3)+Running Form Drills(15min)	Rest
11	Rest	Strength Training(45 min)+Running Form Drills(15min)	Interval Run(40min, Zone4-5)+Running Form Drills(15min)	Rest	Strength Training(45 min)+Running Form Drills(15min)	Hill Repeats(50 min, Zone3-5)+Running Form Drills(15min)	Rest
12	Rest	Strength Training(45 min)+Running Form Drills(15min)	Tempo Run(30min, Zone3-4)	Rest	Strength Training(45 min)	Taper: Endurance Run(30min, Zone2-3)	Race Day: