



Superhero 5K Training Plan

Week one

Mon: Rest

Tue: Run 1 min, walk 1 min. Repeat 10 times.

Wed: Rest

Thur: Run 2 mins, walk 4 mins. Repeat 5 times.

Fri: Rest

Sat: Rest

Sun: Run 2 mins, walk 4 mins. Repeat 5 times.

Week two

Mon: Rest

Tue: Run 3 mins, walk 3 mins. Repeat 4 times.

Wed: Rest

Thur: Run 3 mins, walk 3 mins. Repeat 4 times.

Fri: Rest

Sat: Rest

Sun: Run 5 mins, walk 3 mins. Repeat 3 times.

Week three

Mon: Rest

Tue: Run 7 mins, walk 2 mins. Repeat 3 times.

Wed: Rest

Thur: Run 8 mins, walk 2 mins. Repeat 3 times.

Fri: Rest

Sat: Rest

Sun: Run 8 mins, walk 2 mins. Repeat 3 times.

Week four

Mon: Rest

Tue: Run 8 mins, walk 2 mins. Repeat 3 times.

Wed: Rest

Thur: Run 10 mins, walk 2 mins. Repeat twice, then run for 5 mins.

Fri: Rest

Sat: Rest

Sun: Run 8 mins, walk 2 mins. Repeat 3 times.

Week five

Mon: Rest

Tue: Run 9 mins, walk 1 min. Repeat 3 times.

Wed: Rest

Thur: Run 12 mins, walk 2 mins. Repeat twice, then run for 5 mins.

Fri: Rest

Sat: Rest

Sun: Run 8 mins, walk 2 mins. Repeat 3 times.

Week six

Mon: Rest

Tue: Run 15 mins, walk 1 min. Repeat twice.

Wed: Rest

Thur: Run 8 mins, walk 2 mins. Repeat 3 times.

Fri: Rest

Sat: Rest

Sun: 5K Race!