

**DCR 9 week 5K Training Plan (3 runs per week)**

This plan is based on the popular Zero to 5K running program and assumes that participants are just starting, or restarting, their running journey. Progress through the plan can be managed using the Just Run App. For runners wishing to attempt a 5Km PB, it is recommended that you engage a DCR coach who will provide you with a more tailored training plan.

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|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Week 1 | REST | **29 minutes**  5 minute walk  8x  *1 minute run*  *1.5 min walk*  5 minute walk | REST | **29 minutes**  5 minute walk  8x  *1 minute run*  *1.5 min walk*  5 minute walk | REST | REST | **29 minutes**  5 minute walk  8x  *1 minute run*  *1.5 min walk*  5 minute walk |
| Week 2 | REST | **29 minutes**  5 minute walk  6x  *1.5 min run*  *2 min walk*  5 minute walk | REST | **29 minutes**  5 minute walk  6x  *1.5 min run*  *2 min walk*  5 minute walk | REST | REST | **29 minutes**  5 minute walk  6x  *1.5 min run*  *2 min walk*  5 minute walk |
| Week 3 | REST | **25 minutes**  5 minute walk  2x  *1.5 min run*  *1.5 min walk*  *3 min run*  *3 min walk*  5 minute walk | REST | **25 minutes**  5 minute walk  2x  *1.5 min run*  *1.5 min walk*  *3 min run*  *3 min walk*  5 minute walk | REST | REST | **25 minutes**  5 minute walk  2x  *1.5 min run*  *1.5 min walk*  *3 min run*  *3 min walk*  5 minute walk |
| Week 4 | REST | **32 minutes**  5 minute walk  3 minute run  1.5 min walk  5 minute run  2.5 min walk  3 minute run  1.5 min walk  5 minute run  5 minute walk | REST | **32 minutes**  5 minute walk  3 minute run  1.5 min walk  5 minute run  2.5 min walk  3 minute run  1.5 min walk  5 minute run  5 minute walk | REST | REST | **32 minutes**  5 minute walk  3 minute run  1.5 min walk  5 minute run  2.5 min walk  3 minute run  1.5 min walk  5 minute run  5 minute walk |
| Week 5 | REST | **31 minutes**  5 minute walk  5 minute run  3 minute walk  5 minute run  3 minute walk  5 minute run  5 minute walk | REST | **31 minutes**  5 minute walk  8 minute run  5 minute walk  8 minute run  5 minute walk | REST | REST | **30 minutes**  5 minute walk  20 minute run  5 minute walk |
| Week 6 | REST | **34 minutes**  5 minute walk  5 minute run  3 minute walk  8 minute run  3 minute walk  5 minute run  5 minute walk | REST | **33 minutes**  5 minute walk  10 minute run  3 minute walk  10 minute run  5 minute walk | REST | REST | **32 minutes**  5 minute walk  22 minute run  5 minute walk |
| Week 7 | REST | **35 minutes**  5 minute walk  25 minute run  5 minute walk | REST | **35 minutes**  5 minute walk  25 minute run  5 minute walk | REST | REST | **35 minutes**  5 minute walk  25 minute run  5 minute walk |
| Week 8 | REST | **38 minutes**  5 minute walk  28 minute run  5 minute walk | REST | **38 minutes**  5 minute walk  28 minute run  5 minute walk | REST | REST | **38 minutes**  5 minute walk  28 minute run  5 minute walk |
| Week 9 | REST | **40 minutes**  5 minute walk  30 minute run  5 minute walk | REST | **40 minutes**  5 minute walk  30 minute run  5 minute walk | REST | REST | **40 minutes**  5 minute walk  **5Km run**  5 minute walk |