

**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 walk8x *1 minute run* *1.5 min walk*5 minute walk | REST | **29 minutes**5 minute walk8x *1 minute run* *1.5 min walk*5 minute walk | REST | REST | **29 minutes**5 minute walk8x *1 minute run* *1.5 min walk*5 minute walk |
| Week 2 | REST | **29 minutes**5 minute walk6x *1.5 min run* *2 min walk*5 minute walk | REST | **29 minutes**5 minute walk6x *1.5 min run* *2 min walk*5 minute walk | REST | REST | **29 minutes**5 minute walk6x *1.5 min run* *2 min walk*5 minute walk |
| Week 3 | REST | **25 minutes**5 minute walk2x *1.5 min run* *1.5 min walk* *3 min run* *3 min walk*5 minute walk | REST | **25 minutes**5 minute walk2x *1.5 min run* *1.5 min walk* *3 min run* *3 min walk*5 minute walk | REST | REST | **25 minutes**5 minute walk2x *1.5 min run* *1.5 min walk* *3 min run* *3 min walk*5 minute walk |
| Week 4 | REST | **32 minutes**5 minute walk3 minute run1.5 min walk5 minute run2.5 min walk3 minute run1.5 min walk5 minute run5 minute walk | REST | **32 minutes**5 minute walk3 minute run1.5 min walk5 minute run2.5 min walk3 minute run1.5 min walk5 minute run5 minute walk | REST | REST | **32 minutes**5 minute walk3 minute run1.5 min walk5 minute run2.5 min walk3 minute run1.5 min walk5 minute run5 minute walk |
| Week 5 | REST | **31 minutes**5 minute walk5 minute run3 minute walk5 minute run3 minute walk5 minute run5 minute walk | REST | **31 minutes**5 minute walk8 minute run5 minute walk8 minute run5 minute walk | REST | REST | **30 minutes**5 minute walk20 minute run5 minute walk |
| Week 6 | REST | **34 minutes**5 minute walk5 minute run3 minute walk8 minute run3 minute walk5 minute run5 minute walk | REST | **33 minutes**5 minute walk10 minute run3 minute walk10 minute run5 minute walk | REST | REST | **32 minutes**5 minute walk22 minute run5 minute walk |
| Week 7 | REST | **35 minutes**5 minute walk25 minute run5 minute walk | REST | **35 minutes**5 minute walk25 minute run5 minute walk | REST | REST | **35 minutes**5 minute walk25 minute run5 minute walk |
| Week 8 | REST | **38 minutes**5 minute walk28 minute run5 minute walk | REST | **38 minutes**5 minute walk28 minute run5 minute walk | REST | REST | **38 minutes**5 minute walk28 minute run5 minute walk |
| Week 9 | REST | **40 minutes**5 minute walk30 minute run5 minute walk | REST | **40 minutes**5 minute walk30 minute run5 minute walk | REST | REST | **40 minutes**5 minute walk**5Km run**5 minute walk |