

Give 'N Gobble 5K Training Plan

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31 Brisk 5 Min Walk Walk for 20 Minutes 5 Min Cool Down Walk	1-Aug	2 Brisk 5 Min Walk Walk for 20 Minutes 5 Min Cool Down Walk	3	4 Brisk 5 Min Walk Walk for 20 Minutes 5 Min Cool Down Walk	5
6	7 Brisk 5 Min Walk Walk for 20 Minutes 5 Min Cool Down Walk	8	9 Brisk 5 Min Walk Walk for 20 Minutes 5 Min Cool Down Walk	10	11 Brisk 5 Min Walk Walk for 20 Minutes 5 Min Cool Down Walk	12
13	14 Brisk 5 Min Walk Jog 30 Seconds Walk 2 Minutes Alternate jog/walk for 20 minutes 5 Min Cool Down Walk	15	16 Brisk 5 Min Walk Jog 30 Seconds Walk 2 Minutes Alternate jog/walk for 20 minutes 5 Min Cool Down Walk	17	18 Brisk 5 Min Walk Jog 30 Seconds Walk 2 Minutes Alternate jog/walk for 20 minutes 5 Min Cool Down Walk	19
20	21 Brisk 5 Min Walk Jog 30 Seconds Walk 90 Seconds Alternate jog/walk for 20 minutes 5 Min Cool Down Walk	22	23 Brisk 5 Min Walk Jog 30 Seconds Walk 90 Seconds Alternate jog/walk for 20 minutes 5 Min Cool Down Walk	24	25 Brisk 5 Min Walk Jog 30 Seconds Walk 90 Seconds Alternate jog/walk for 20 minutes 5 Min Cool Down Walk	26
27	28 Brisk 5 Min Walk Jog 30 Seconds Walk 90 Seconds Alternate jog/walk for 20 minutes 5 Min Cool Down Walk	29	30 Brisk 5 Min Walk Jog 60 Seconds Walk 90 Seconds Alternate jog/walk for 20 minutes 5 Min Cool Down Walk	31	1-Sep	2
3	4 Brisk 5 Min Walk Jog 60 Seconds Walk 90 Seconds Alternate jog/walk for 20 minutes 5 Min Cool Down Walk	5	6 Brisk 5 Min Walk Jog 90 Seconds Walk 2 Minutes Alternate jog/walk for 20 minutes 5 Min Cool Down Walk	7	8 Brisk 5 Min Walk Jog 90 Seconds Walk 2 Minutes Alternate jog/walk for 20 minutes 5 Min Cool Down Walk	9
10	11 Brisk 5 Min Walk Jog 90 Seconds Walk 2 Minutes Alternate jog/walk for 20 minutes 5 Min Cool Down Walk	12	13 Brisk 5 Min Walk Jog 90 Seconds Walk 2 Minutes Alternate jog/walk for 20 minutes 5 Min Cool Down Walk	14	15 Brisk 5 Min Walk Jog 90 Seconds Walk 2 Minutes Alternate jog/walk for 20 minutes 5 Min Cool Down Walk	16

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17	18 Brisk 5 Min Walk Jog 90 Seconds Walk 2 Minutes Alternate jog/walk for 20 minutes 5 Min Cool Down Walk	19	20 Brisk 5 Min Walk Jog 90 Seconds Walk 90 Seconds Jog 3 Minutes Walk 3 Minutes Jog 90 Seconds Walk 90 Seconds Jog 3 Minutes Walk 3 Minutes 5 Min Cool Down Walk	21	22 Brisk 5 Min Walk Jog 90 Seconds Walk 90 Seconds Jog 3 Minutes Walk 3 Minutes Jog 90 Seconds Walk 90 Seconds Jog 3 Minutes Walk 3 Minutes 5 Min Cool Down Walk	23
24	25 Brisk 5 Min Walk Jog 90 Seconds Walk 90 Seconds Jog 3 Minutes Walk 3 Minutes Jog 90 Seconds Walk 90 Seconds Jog 3 Minutes Walk 3 Minutes 5 Min Cool Down Walk	26	27 Brisk 5 Min Walk Jog 3 Minutes Walk 90 Seconds Jog 5 Minutes Walk 2 Minutes Jog 3 Minutes Walk 90 Seconds Jog 5 Minutes Walk 3 Minutes 5 Min Cool Down Walk	28	29 Brisk 5 Min Walk Jog 3 Minutes Walk 90 Seconds Jog 5 Minutes Walk 2 Minutes Jog 3 Minutes Walk 90 Seconds Jog 5 Minutes Walk 3 Minutes 5 Min Cool Down Walk	30
1-Oct	2 Brisk 5 Min Walk Jog 3 Minutes Walk 90 Seconds Jog 5 Minutes Walk 2 Minutes Jog 3 Minutes Walk 90 Seconds Jog 5 Minutes Walk 3 Minutes 5 Min Cool Down Walk	3	4 Brisk 5 Min Walk Jog 3 Minutes Walk 90 Seconds Jog 5 Minutes Walk 2 Minutes Jog 3 Minutes Walk 90 Seconds Jog 5 Minutes Walk 3 Minutes 5 Min Cool Down Walk	5	6 Brisk 5 Min Walk Jog 3 Minutes Walk 90 Seconds Jog 5 Minutes Walk 2 Minutes Jog 3 Minutes Walk 90 Seconds Jog 5 Minutes Walk 3 Minutes 5 Min Cool Down Walk	7
8	9 Brisk 5 Min Walk Jog 3 Minutes Walk 90 Seconds Jog 5 Minutes Walk 2 Minutes Jog 3 Minutes Walk 90 Seconds Jog 5 Minutes Walk 3 Minutes 5 Min Cool Down Walk	10	11 Brisk 5 Min Walk Jog 5 Minutes Walk 3 Minutes Jog 5 Minutes Walk 3 Minutes Jog 5 Minutes 5 Min Cool Down Walk	12	13 Brisk 5 Min Walk Jog 8 Minutes Walk 5 Minutes Jog 8 Minutes 5 Min Cool Down Walk	14
15	16 Brisk 5 Min Walk Jog 8 Minutes Walk 5 Min Jog 8 minutes 5 Min Cool Down Walk	17	18 Brisk 5 Min Walk Jog 20 Minutes 5 Min Cool Down Walk	19	20 Brisk 5 Min Walk Jog 20 Minutes 5 Min Cool Down Walk	21

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29	30 Brisk 5 Min Walk Jog 23 Minutes 5 Min Cool Down Walk	31	1-Nov Brisk 5 Min Walk Jog 27 Minutes 5 Min Cool Down Walk	2	3 Brisk 5 Min Walk Jog 27 Minutes 5 Min Cool Down Walk	4
5	6 Brisk 5 Min Walk Jog 27 Minutes 5 Min Cool Down Walk	7	8 Brisk 5 Min Walk Jog 30 Minutes 5 Min Cool Down Walk	9	10 Brisk 5 Min Walk Jog 30 Minutes 5 Min Cool Down Walk	11
12	13 Brisk 5 Min Walk Jog 30 Minutes 5 Min Cool Down Walk	14	15 Brisk 5 Min Walk Jog 3 Miles 5 Min Cool Down Walk	16	17 Brisk 5 Min Walk Jog 3 Miles 5 Min Cool Down Walk	18
19	20 Brisk 5 Min Walk Jog 2 Miles 5 Min Cool Down Walk	21	22 Walk for 20 Minutes	23 Give 'N Gobble 5K (Run 3.1 Miles)	25	26

Be ready to run your first 5K following this simple 3-day a week plan! You may adjust your days, but allow at least 1 day of rest between training days. You may cross-train on non training days.

Training plan adapted from the "Run For God: The 5K Challenge" by Mitchell Hollis