

Rise to 5k-12 Week Plan

Week	Workout 1	Workout 2	Workout 3	Workout 4
1	5 min brisk walk Alternate 30 seconds slow running and 2 minutes of walking- total 10 minutes 15 minutes total	5 min brisk walk Alternate 30 seconds slow running and 2 minutes of walking- total 10 minutes 15 minutes total	5 min brisk walk Alternate 30 seconds slow running and 2 minutes of walking- total 15 minutes 20 minutes total	Strengthening routine, begin 2 sets of 10
2	5 min brisk walk Alternate 1 minute slow running and 2 minutes of walking total 15 minutes 20 minutes total	5 min brisk walk Alternate 1 minute slow running and 2 minutes of walking total 15 minutes 20 minutes total	5 min brisk walk Alternate 1 minute slow running and 2 minutes of walking total 20 minutes 25 minutes total	Strengthening routine
3	5 min brisk walk Alternate 1 minute slow running and 2 minutes of walking total 20 minutes 25 minutes total	5 min brisk walk Alternate 1 minute slow running and 2 minutes of walking total 20 minutes 25 minutes total	5 min brisk walk Alternate 1 minute slow running and 2 minutes of walking total 20 minutes 25 minutes total	Strengthening routine
4	5 min brisk walk Alternate 90 secs slow running and 2 minutes of walking total 20 minutes 25 minutes total	5 min brisk walk Alternate 90 secs slow running and 2 minutes of walking total 20 minutes 25 minutes total	5 min brisk walk Alternate 90 secs slow running and 2 minutes of walking total 25 minutes 30 minutes total	Strengthening routine
5	5 min brisk walk Alternate 90 secs slow running and 2 minutes of walking total 25 minutes 30 minutes total	5 min brisk walk Alternate 90 secs slow running and 2 minutes of walking total 25 minutes 30 minutes total	5 min brisk walk Alternate 90 secs slow running and 2 minutes of walking total 25 minutes 30 minutes total	Strengthening routine
6	5 min brisk walk Alternate 90 secs slow running and 1 minutes of walking total 22 minutes 27 minutes total	5 min brisk walk Alternate 90 secs slow running and 1 minutes of walking total 22 minutes 27 minutes total	5 min brisk walk Alternate 90 secs slow running and 1 minutes of walking total 25 minutes 30 minutes total	Strengthening routine

7	5 min brisk walk Alternate 90 secs slow running and 1 minutes of walking total 25 minutes 30 minutes total	5 min brisk walk Alternate 90 secs slow running and 1 minutes of walking total 25 minutes 30 minutes total	5 min brisk walk Alternate 90 secs slow running and 1 minutes of walking total 25 minutes 30 minutes total	Strengthening routine
8	5 min brisk walk Alternate 90 secs slow running and 30 secs of walking total 25 minutes 30 minutes total	5 min brisk walk Alternate 90 secs slow running and 30 secs of walking total 25 minutes 30 minutes total	5 min brisk walk Alternate 90 secs slow running and 30 secs of walking total 25 minutes 30 minutes total	Strengthening routine
9	5 min brisk walk Alternate 5 minutes slow running and 2 minutes of walking total 25 minutes 30 minutes total	5 min brisk walk Alternate 5 minutes slow running and 2 minutes of walking total 25 minutes 30 minutes total	5 min brisk walk Alternate 5 minutes slow running and 2 minutes of walking total 25 minutes 30 minutes total	Strengthening routine
10	5 min brisk walk Slow running for 20 minutes 25 minutes total	5 min brisk walk Slow running for 20 minutes 25 minutes total	5 min brisk walk Slow running for 22 minutes 27 minutes total	Strengthening routine
11	5 min brisk walk Slow running for 22 minutes 27 minutes total	5 min brisk walk Slow running for 22 minutes 27 minutes total	5 min brisk walk Slow running for 22 minutes 27 minutes total	Strengthening routine
12	5 min brisk walk Slow running for 25 minutes 30 minutes total	5 min brisk walk Slow running for 25 minutes 30 minutes total	5 min brisk walk Slow running for 25 minutes 30 minutes total	Strengthening routine

Adapted and modified from Mark Kennedy's None to Run Online Plan