

# BEGINNER CONDITIONING PROGRAM

Do these sets twice a week. If you are a beginner, it is advisable to do this conditioning before you start the 5k plan.

WEEK	DETAILS
1	Walk 1 min, Run 1 min, Walk 2 min x 6 sets and finish off with Run 1 min, Walk 1 min
2	Walk 1 min, Run 1 min, Walk 2 min x 10 sets
3	Walk 1 min, Run 2 min, Walk 1 min x 6 sets and finish off with Run 2 min, Walk 1 min
4	Walk 1 min, Run 3 min, Walk 1 min x 5 sets
5	Walk 1 min, Run 4 min, Walk 1 min x 4 sets
6	Walk 1 min, Run 5 min, Walk 1 min x 3 sets and finish off with Run 2 min, Walk 1 min
7	Walk 1 min, Run 6 min, Walk 1 min x 3 sets
8	Walk 1 min, Run 8 min, Walk 1 min x 2 sets and finish off with Run 2 min, Walk 1 min
9	Walk 1 min, Run 10 min, Walk 1 min x 2 sets
10	Walk 1 min, Run 10 min, Walk 2 min x 2 sets