

TRIFHARDER - 8 weeks beginner running plan "from couch to 5K"								
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Week 1	REST	20 min Walk 5 min warmup 5* Run 1 min Walk 1 min Walk 5 min cooldown	REST Do set of stretching exercises, foam rolling	25 min Walk 5 min warmup 3* Run 2 min Walk 3 min cooldown Walk 5 min cooldown	REST Do set of stretching exercises, foam rolling	Walk 30 min	35 min Walk 10 min warmup 3* Run 2 min Walk 2 min Run 1 min Walk 1 min Walk 5 min cooldown	20 min run 90 min walk
Week 2	REST	30 min Walk 5 min warmup 4* Run 3 min Walk 2 min Walk 5 min cooldown	REST Do set of stretching exercises, foam rolling	30 min Walk 5 min warmup 3* Run 4 min Walk 2 min Walk 5 min cooldown	REST Do set of stretching exercises, foam rolling	Walk 40 min	45 min Walk 10 min warmup 3* Run 5 min Walk 3 min Run 1 min Walk 30 sec Walk 5 min cooldown	42 min run 100 min walk
Week 3	REST	35 min Walk 5 min warmup 2* Run 7 min Walk 3 min Run 5 min Walk 5 min cooldown	REST Do set of stretching exercises, foam rolling	40 min Walk 10 min warmup Run 4 min Walk 2 min Run 6 min Walk 2 min Run 8 min Walk 2 min Walk 5 min cooldown	REST Do set of stretching exercises, foam rolling	Walk 45 min	40 min Walk 10 min warmup 2* Run 6 min run Walk 2 min Run 10 min Walk 5 min cooldown	60 min run 100 min walk
Week 4	REST	40 mins Walk 5 min warmup 3* Run 5 min Walk 3 min Run 1 min Walk 30 sec Walk 5 min cooldown	REST Do set of stretching exercises, foam rolling	Walk 30 min	REST Do set of stretching exercises, foam rolling	REST Do set of stretching exercises, foam rolling	40 min Walk 10 min warmup 2* Run 3 min Walk 1 min Run 15 min Walk 5 min cooldown	40 min run 90 min walk
Week 5	REST	45 min Walk 10 min 4* 5 min run 2 min walk Walk 5 min cooldown	REST Do set of stretching exercises, foam rolling	4* Walk 6min Run 2 min Walk 5 min cooldown	40 min Walk 5min Run easy 5 min as warmup Walk 3 min Run 20 min Walk 5 min cooldown	REST Do set of stretching exercises, foam rolling	55 min Walk 10 min warmup 3* Run 10 min run Walk 3 min Walk 5 min cooldown	85 min run 90 min walk
Week 6	REST	50 min Walk 5min Run easy 5 min as warmup 2* 15 min run 5K tempo 2 min walk Walk 5 min cooldown	REST Do set of stretching exercises, foam rolling	Walk 45min Easy core strengthening exercises (plank, sit up, back exercises)	60 min Walk 10 min warmup Walk 2 min Run 10 min 5K tempo Walk 2 min Run 12 min 5K tempo Walk 3 min Run 15 min 5K tempo Walk 5 min cooldown	REST Do set of stretching exercises, foam rolling	60 min Walk 10 min warmup 2* Run 15 min run bit slower than 5K tempo Walk 3 min Run 5 min Walk 5 min cooldown	100 min run 105 min walk
Week 7	REST	35 min Walk 5min Run easy 5 min as warmup 10* 1 min run with a bit more speed than expected 5k tempo 1 min walk Walk 5 min cooldown	REST Do set of stretching exercises, foam rolling	Walk 45min Easy core strengthening exercises (plank, sit up, back exercises)	45 min Walk 5min Run easy 5 min as warmup Walk 3 min Run 25 min bit slower than 5K tempo Walk 5 min cooldown	REST Do set of stretching exercises, foam rolling	60 min Walk 10 min warmup 4* Run 10 min 5K tempo Walk 2 min Walk 5 min cooldown	85 min run 105 min walk
Week 8	REST	50 min Walk 10 min as warmup 2* Run 15 min Walk 2 min Walk 5 min	REST Do set of stretching exercises, foam rolling	35 min Walk 10 min as warmup 2* Run 8 min Walk 2 min Walk 5 min cooldown	Walk 20min	REST Do set of stretching exercises, foam rolling	5K RACE!!! Do an easy warmup before: 5 min jog easy stretching	45 min run 55 min walk