



RUN · BEGINNER

Beginner 5K



9-Week Beginner 5K Training Plan

Run your first 5K strong, or take minutes off with steady progression.

EVENT

5K

LEVEL

Beginner

LENGTH

9 weeks

DAYS / WEEK

4



Train it in the app

Scan to get Gritup — this plan adapts to your pace, reschedules itself around missed sessions, and syncs to your watch.

gritup.fit

The plan · 9 weeks · week 1 to race week

No dates. Start week 1 whenever you're ready — the app anchors the plan to your real race day and moves the rest around your life.

Week 1

BASE

Mon	Easy Run	29 min
19 min continuous · 5 min warm-up · 5 min cool-down		
Wed	Easy Run	29 min
19 min continuous · 5 min warm-up · 5 min cool-down		
Fri	Easy Run	29 min
19 min continuous · 5 min warm-up · 5 min cool-down		
Sat	Long Run	25 min
15 min continuous · 5 min warm-up · 5 min cool-down		

Week 2

BASE

Mon	Easy Run	30 min
20 min continuous · 5 min warm-up · 5 min cool-down		
Wed	Easy Run	30 min
20 min continuous · 5 min warm-up · 5 min cool-down		
Fri	Easy Run	30 min
20 min continuous · 5 min warm-up · 5 min cool-down		
Sat	Long Run	30 min
20 min continuous · 5 min warm-up · 5 min cool-down		

Week 3

BUILD

Mon	Tempo Run	20 min
10 min continuous · 5 min warm-up · 5 min cool-down		
Wed	Easy Run	20 min
10 min continuous · 5 min warm-up · 5 min cool-down		
Fri	Easy Run	20 min
10 min continuous · 5 min warm-up · 5 min cool-down		
Sat	Long Run	25 min
15 min continuous · 5 min warm-up · 5 min cool-down		

Week 4

BUILD

Mon	Tempo Run	29 min
19 min continuous · 5 min warm-up · 5 min cool-down		
Wed	Easy Run	30 min
20 min continuous · 5 min warm-up · 5 min cool-down		
Fri	Easy Run	30 min
20 min continuous · 5 min warm-up · 5 min cool-down		
Sat	Long Run	32 min
22 min continuous · 5 min warm-up · 5 min cool-down		

Week 5

BUILD

Mon	Tempo Run	30 min
20 min continuous · 5 min warm-up · 5 min cool-down		
Wed	Easy Run	30 min
20 min continuous · 5 min warm-up · 5 min cool-down		
Fri	Easy Run	30 min
20 min continuous · 5 min warm-up · 5 min cool-down		
Sat	Long Run	34 min
24 min continuous · 5 min warm-up · 5 min cool-down		

Week 6

BUILD

Mon	Tempo Run	22 min
12 min continuous · 5 min warm-up · 5 min cool-down		
Wed	Easy Run	21 min
11 min continuous · 5 min warm-up · 5 min cool-down		
Fri	Easy Run	21 min
11 min continuous · 5 min warm-up · 5 min cool-down		
Sat	Long Run	25 min
15 min continuous · 5 min warm-up · 5 min cool-down		

Week 7

BUILD

Mon	Tempo Run	33 min
14 min continuous · 9 min warm-up · 10 min cool-down		
Wed	Easy Run	30 min
20 min continuous · 5 min warm-up · 5 min cool-down		
Fri	Easy Run	30 min
20 min continuous · 5 min warm-up · 5 min cool-down		
Sat	Long Run	38 min
28 min continuous · 5 min warm-up · 5 min cool-down		

Week 8

TAPER

Mon	Tempo Run	26 min
16 min continuous · 5 min warm-up · 5 min cool-down		
Wed	Easy Run	25 min
15 min continuous · 5 min warm-up · 5 min cool-down		
Fri	Easy Run	25 min
15 min continuous · 5 min warm-up · 5 min cool-down		
Sat	Long Run	25 min
15 min continuous · 5 min warm-up · 5 min cool-down		

Week 9

RACE WEEK

Mon	Recovery Run 20 min continuous	20 min
Wed	Base Run with Strides 1 x 11 min with recoveries · 5 min warm-up · 5 min cool-down	25 min
Fri	Recovery Run 20 min continuous	20 min
Sun	Race Day: Run RACE 30 min continuous	30 min