

WELLNESS
WITHOUT
NOISE

NOVICE

5K TRAINING



Coaches Note

Thank you for purchasing this plan—I truly appreciate it.

This program was built with one goal in mind: to help you feel good while running. You don't need to be training for a race to get something out of this. All I ask is that you show up and give your best effort, whatever that looks like for you that day.

There's no pressure here—just progress, consistency, and taking care of your body along the way. If you finish this plan feeling healthier, more confident, or more at peace with running, then it's done its job.

Thanks again for trusting the process and investing in yourself.

— Cade

ABOUT THE NOVICE PROGRAM

This 8-week 5K training plan is built for novice runners who have some experience and a decent fitness base—but don't need anything extreme. You don't have to be “superhuman” to follow it. You just need a willingness to show up and give a solid effort.

The plan includes two rest days each week and a mix of runs, run/walks, walking, and rest, allowing your body time to adapt and get stronger. While the race is set as the end date, this program works just as well for anyone simply looking to build fitness, consistency, and confidence through running.

Use this as a guide, not a rulebook. The structure is flexible and open to minor changes based on how you're feeling. If you stay patient, listen to your body, and keep things steady, you'll get exactly what you're supposed to out of it.

NOVICE 5K WORKOUT TERMS

Rest:

Rest days are just as important as the days you run.

This is when your body actually adapts and gets stronger. Taking time off isn't skipping training—it's part of the process. Trust that recovery helps you show up feeling better for your next run.

Run:

There's no pace requirement here. Focus on covering the suggested distance (or close to it) at a speed that feels sustainable. A good rule of thumb: you should be able to breathe easily and hold a conversation while running. Comfort and consistency matter more than speed.

Run/Walk:

Running doesn't have to be continuous to be effective. Move between running and walking as needed. Run until it feels challenging, walk until you feel ready to run again. This approach builds fitness while keeping stress and injury risk low.

Walk:

Walking days are meant to support recovery and overall fitness. Don't worry about speed or distance. Think of these as active recovery days that keep your body moving without added pressure.

8-Week Beginner 5K Training Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Run/Walk 20–30 min	Rest	1 Mile Run	Rest	1 Mile Run	1.5 Mile Run	30 min Walk
2	Run/Walk 20–30 min	Rest	1 Mile Run	Rest	1 Mile Run	1.5 Mile Run	30 min Walk
3	Run/Walk 20–30 min	Rest	1.5 Mile Run	Rest	1.5 Mile Run	2 Mile Run	35 min Walk
4	Run/Walk 20–30 min	Rest	1.5 Mile Run	Rest	1.5 Mile Run	2 Mile Run	35 min Walk
5	Run/Walk 20–30 min	Rest	1.75 Mile Run	Rest	1.75 Mile Run	2.5 Mile Run	40 min Walk
6	Run/Walk 20–30 min	Rest	1.75 Mile Run	Rest	1.75 Mile Run	3 Mile Run	30 min Walk (Recovery)
7	Run/Walk 20–30 min	Rest	1.5 Mile Run	Rest	1.5 Mile Run	2 Mile Run	35 min Walk
8	Run/Walk 20–30 min	Rest	1 Mile Run	Rest	1 Mile Run	Rest	Race Day!