

RUN NEW WEST

COMMUNITY RUN CLUB

90-DAY 5K PLAN

runnewwest.com

GOAL

Safely transition from zero running to completing a continuous 5K (no walk breaks) in 90 days.

WEEKLY PACE

3 runs per week (e.g., Tue / Thu / Sat) with rest days in between to protect joints and tendons.

GOLDEN RULE

Keep all running conversational! If you can't speak a full sentence while running, slow down.

WEEK	PHASE	WORKOUT STRUCTURE (3X / WEEK)	TOTAL TIME	CHECK-OFF
Week 1	BASE BUILDING	Run 1 min / Walk 1.5 min (×8)	~20 min	○ ○ ○
Week 2	BASE BUILDING	Run 1.5 min / Walk 1.5 min (×8)	~24 min	○ ○ ○
Week 3	BASE BUILDING	Run 2 min / Walk 1 min (×8)	~24 min	○ ○ ○
Week 4	BASE BUILDING	Run 3 min / Walk 1 min (×6)	~24 min	○ ○ ○
Week 5	ENDURANCE	Run 5 min / Walk 2 min (×4)	~28 min	○ ○ ○
Week 6	ENDURANCE	Run 8 min / Walk 2 min (×3)	~30 min	○ ○ ○
Week 7	ENDURANCE	Run 10 min / Walk 2 min (×2) + Run 5 min	~27 min	○ ○ ○
Week 8	ENDURANCE	Run 12 min / Walk 2 min / Run 12 min	~26 min	○ ○ ○
Week 9	CONTINUOUS	Run 15 min / Walk 2 min / Run 8 min	~25 min	○ ○ ○
Week 10	CONTINUOUS	Run 20 min continuously (No walk breaks!)	~20 min	○ ○ ○
Week 11	CONTINUOUS	Run 25 min continuously (~4 km distance)	~25 min	○ ○ ○
Week 12	GOAL WEEK	CONTINUOUS 5K RUN FINISH!	~30–38 min	○

RUN NEW WEST TRAINING PRINCIPLES:

• **Warm-Up & Cool-Down:** Start and end every session with a 5-minute brisk walk.

• **Rest Days Matter:** Connective tissue adapts slower than lungs—never skip rest days.

• **Join the Club:** Visit runnewwest.com for group runs, route maps, and friendly pace groups!

** Please always consult a physician before starting any exercise program.*