

# N2R

## NONE TO RUN

### **5K TRAINING PLAN**

- LEARN TO RUN 5K IN 8 WEEKS
- BUILD YOUR STRENGTH
- STAY INJURY FREE



DESIGNED BY A CERTIFIED RUNNING COACH

**YOU'RE A RUNNER.**

With simple intervals and essential strength routines, **None to Run's 5k Training Plan** will take you **all the way to your first 5k race** in 8 weeks.

It doesn't matter how fast you end up running on race day – it's all about consistency, building strength, and actually enjoying yourself along the way.

## WHO IS THIS PLAN FOR?

The **None to Run (N2R) 5k Training Plan** is for new runners who can comfortably run 2-3k (or 25 minutes) without stopping. If you can't run for more than 10-minutes without catching your breath, you'll want to start with the **N2R 12-Week Beginner Plan** first.

## HOW IT WORKS

Each week, you'll perform three running workouts. You'll also complete two short strength and mobility routines. Don't worry - there's no equipment needed.

Thursdays and Sundays are rest days. If you want to switch up the plan to suit your own schedule, you can - just be sure to alternate strength training days and running days.

## WORKOUT TYPES

**Run:** 2-3 times a week at a comfortable pace

**Strength Routine:** Complete two sets of each routine, twice a week. You'll find all the routines on our [Youtube channel](#).

**Intervals:** Alternate between a hard but controlled run and a recovery walk

**Fartlek:** Alternate between slow jog and faster run

**Hills:** Steady running up a gentle hill or treadmill incline, followed by 2 minute rest

**Tempo:** Comfortable and sustained fast pace

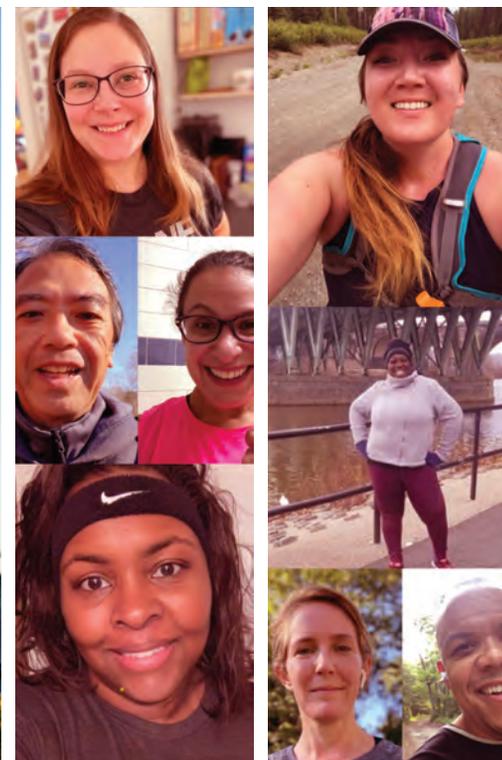
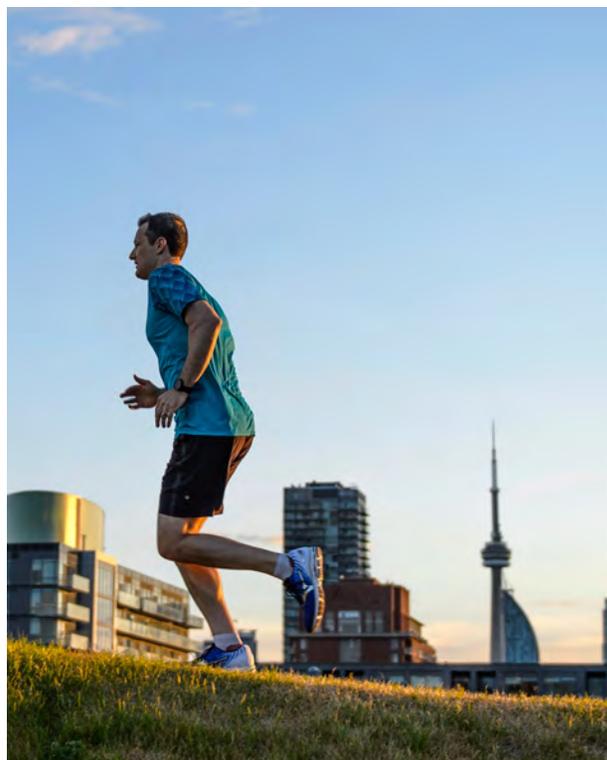
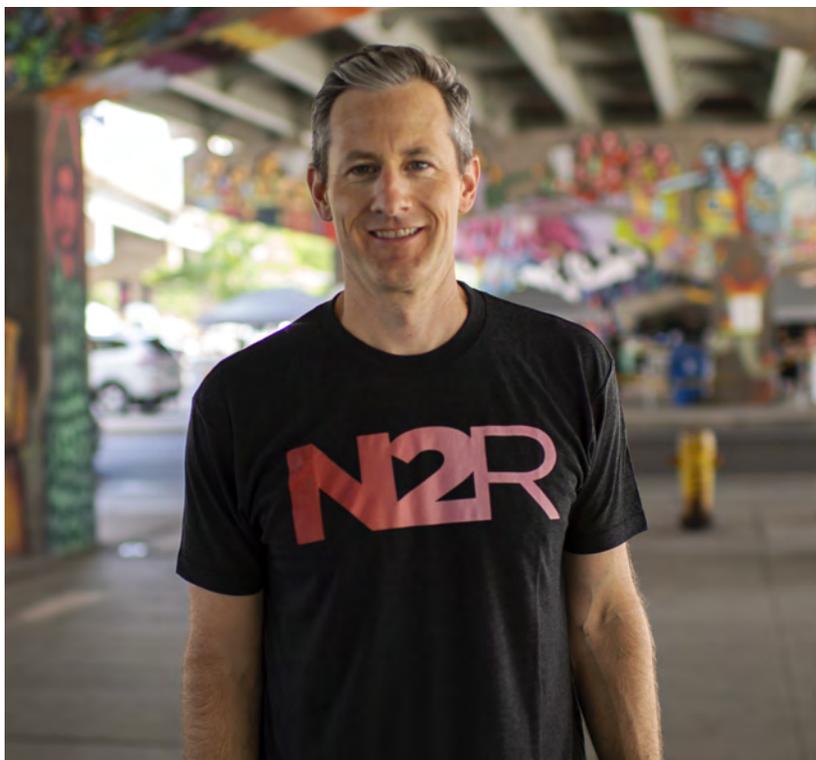
## MAKE LIFE EASY - GET THE APP

Time your intervals, log runs, see your stats, and share your success with the [N2R app](#) for iPhone and Android.



***RUNNING DOESN'T HAVE TO BE HARD.***

**N2R**



## MEET MARK KENNEDY, N2R FOUNDER

Hey, I'm Mark. I'm an RRCA Certified Distance Running Coach with a background in Kinesiology. I'm also a proud Canadian and dad of two active boys.

Ten years ago, I created **None to Run** as a blog and personal outlet to stay in touch with my passion for exercise science and healthy living. I wanted to help people get moving, realize their goals, and become runners for life.

Since then, **None to Run** has grown into a thriving community of runners, a podcast and an app.

We've been featured in places like The Globe and Mail, CBC News, SELF, Canadian Running Magazine, The London Times, Bustle Magazine and more.

My aim is to help you get started safely and finally start to enjoy running.

You can connect with me (and thousands of other runners) in the **N2R online community**, or send me your questions at [mark@nonetorun.com](mailto:mark@nonetorun.com).

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	 <b>2 - 3 km</b> Slow Run	 <b>Strength and Mobility Workout</b>	<p style="text-align: center;"><b>INTERVALS</b></p>  →  +  5-min Warm-up walk    1-min Fast Run    2-min Recovery walk <div style="text-align: center; background-color: #f8d7da; padding: 5px; border-radius: 10px;">↻ 5 Times</div>	<p style="text-align: center;"><b>REST DAY</b></p> <p style="text-align: center;">or</p>  <b>30-min Walk</b>	 <b>IT Band Routine</b>	 <b>3 - 4 km</b> Slow Run	<b>REST DAY</b>
WEEK 2	 <b>2 - 3 km</b> Slow Run	 <b>Strength and Mobility Workout</b>	<p style="text-align: center;"><b>INTERVALS</b></p>  →  +  5-min Warm-up walk    90s Fast Run    2-min Recovery walk <div style="text-align: center; background-color: #f8d7da; padding: 5px; border-radius: 10px;">↻ 5 Times</div>	<p style="text-align: center;"><b>REST DAY</b></p> <p style="text-align: center;">or</p>  <b>15-min Run</b>	 <b>IT Band Routine</b>	 <b>3 - 4 km</b> Slow Run	<b>REST DAY</b>
WEEK 3	 <b>3 km</b> Slow Run	 <b>Strength and Mobility Workout</b>	<p style="text-align: center;"><b>FARTLEK</b></p>  →  +  5-min Warm-up walk    2-min Slow Jog    30s Fast Run <div style="text-align: center; background-color: #f8d7da; padding: 5px; border-radius: 10px;">↻ 3 Times</div>	<p style="text-align: center;"><b>REST DAY</b></p> <p style="text-align: center;">or</p>  <b>15-min Run</b>	 <b>IT Band Routine</b>	 <b>4 - 5 km</b> Slow Run	<b>REST DAY</b>
WEEK 4	 <b>3 km</b> Slow Run	 <b>Strength and Mobility Workout</b>	<p style="text-align: center;"><b>FARTLEK</b></p>  →  +  5-min Warm-up walk    1-min Slow Jog    30s Fast Run <div style="text-align: center; background-color: #f8d7da; padding: 5px; border-radius: 10px;">↻ 5 Times</div>	<p style="text-align: center;"><b>REST DAY</b></p> <p style="text-align: center;">or</p>  <b>20-min Run</b>	 <b>IT Band Routine</b>	 <b>4 - 5 km</b> Slow Run	<b>REST DAY</b>

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK <b>5</b>	 3 - 4 km Slow Run	 7-minute Strength Routine for Runners	→  + 5-min Warm-up walk    20-30s Hill Run    2-min Rest <b>HILLS</b> ↻ 5 Times	<b>REST DAY</b> or  20-min Run	 Runner's Core Routine	 5 - 6 km Slow Run	<b>REST DAY</b>
WEEK <b>6</b>	 3 - 4 km Slow Run	 7-minute Strength Routine for Runners	→  + 5-min Warm-up walk    30-40s Hill Run    2-min Rest <b>HILLS</b> ↻ 5 Times	<b>REST DAY</b> or  20-min Run	 Runner's Core Routine	 5 - 6 km Slow Run	<b>REST DAY</b>
WEEK <b>7</b>	 3 km Slow Run	 7-minute Strength Routine for Runners	→ 5-min Warm-up walk    15-min Fast Run <b>TEMPO</b>	<b>REST DAY</b> or  30-min Run	 Runner's Core Routine	 5 - 6 km Slow Run	<b>REST DAY</b>
WEEK <b>8</b>	 3 km Slow Run	 7-minute Strength Routine for Runners	→ 5-min Warm-up walk    15-min Fast Run <b>TEMPO</b>	<b>REST DAY</b>	 2 km Slow Run	<b>REST DAY</b>	<b>RACE DAY!</b>