



TRAINING PROGRAM

5K

BY HOKA



YOUR 8-WEEK NON-RUNNER TO 5K TRAINING PLAN

Don't forget your warm-up and warm-down:
Start and end each training session
with a 5 minute walk to help you warm-up and cool-down
your muscles, minimizing the risk of injury.

5K

BY HOKA

WEEK 1

5K PROGRAM

MONDAY

Total time: 20 mins

Jog 30s, walk 30s

Repeat 10x

TUESDAY

Rest or cross-train

WEDNESDAY

Total time: 20 mins

Jog 30s, walk 30s

Repeat 10x

THURSDAY

Rest

FRIDAY

Total time: 23 mins

- Jog 15s, walk 15s
- Jog 30s, walk 15s
- Jog 45s, walk 15s
- Jog 1 min, walk 1 min

Repeat 3x

SATURDAY

Rest or cross-train

SUNDAY

Active rest: walk 30-60 mins

WEEK 2

5K PROGRAM

MONDAY

Total time: 25 mins

Jog 60s, walk 30s

Repeat 10x

TUESDAY

Rest or cross-train

WEDNESDAY

Total time: 30 mins

- Jog 30s, walk 30s
- Jog 60s, walk 30s
- Jog 90s, walk 60s

Repeat 4x

THURSDAY

Rest

FRIDAY

Total time: 25 mins

Jog 60s, walk 30s

Repeat 10x

SATURDAY

Rest or cross-train

SUNDAY

Active rest: walk 30-60 mins

WEEK 3

5K PROGRAM

MONDAY

Total time: 29 mins

- Jog 30s, walk 15s
- Jog 60s, walk 15s
- Jog 90s, walk 15s
- Jog 2 mins, walk 30s

Repeat 3x

TUESDAY

Cross-train

WEDNESDAY

Total time: 34 mins

- Jog 1 min, walk 30s
- Jog 2 mins, walk 30s
- Jog 3 mins, walk 1 min

Repeat 3x

THURSDAY

Rest

FRIDAY

Total time: 30 mins

Sets of 5, 4, 3, 2, 1 mins jogging
with 1 min walking in between

SATURDAY

Rest or cross-train

SUNDAY

Total time: 20 mins

Jog 10 mins

WEEK 4

5K PROGRAM

MONDAY

Total time: 25 mins

- Jog 30s, walk 30s
- Jog 10 mins

Repeat 5x

TUESDAY

Cross-train

WEDNESDAY

Total time: 28 mins

Jog 10 mins, walk 3 mins, jog 5 mins

THURSDAY

Rest

FRIDAY

Total time: 34 mins

Jog 5 mins, walk 1 min

Repeat 4x

SATURDAY

Rest or cross-train

SUNDAY

Total time: 25 mins

Jog 15 mins

WEEK 5

5K PROGRAM

MONDAY

Total time: 40 mins

- Jog 30s, walk 30s

Repeat 4x

- Jog 10 mins, walk 3 mins

Repeat 2x

TUESDAY

Cross-train

WEDNESDAY

Total time: 33 mins

Jog 15 mins, walk 3 mins, jog 5 mins

THURSDAY

Rest

FRIDAY

Total time: 40 mins

- Jog 30s, walk 30s

Repeat 10x

- Jog 1 min, walk 1 min
- Jog 2 mins, walk 1 min
- Jog 3 mins, walk 1 min
- Jog 4 mins, walk 1 min
- Jog 5 mins, walk 1 min

SATURDAY

Rest or cross-train

SUNDAY

Total time: 30 mins

Jog 20 mins

WEEK 6

5K PROGRAM

MONDAY

Total time: 40 mins

Jog 5 mins, walk 1 min

Repeat 5x

TUESDAY

Rest or cross-train

WEDNESDAY

Total time: 30 mins

Jog 20 mins

THURSDAY

Rest

FRIDAY

Total time: 38 mins

Jog 6 mins, walk 1 min

Repeat 4x

SATURDAY

Rest

SUNDAY

Total time: 30 mins

Jog 20 mins

WEEK 7

5K PROGRAM

MONDAY

Total time: 44 mins

- Jog 30s

Repeat 4x

- Jog 7 mins, walk 1 min

Repeat 4x

TUESDAY

Rest or cross-train

WEDNESDAY

Total time: 35 mins

Jog 25 mins

THURSDAY

Rest

FRIDAY

Total time: 46 mins

Jog 5 mins, walk 1 min

Repeat 6x

SATURDAY

Rest

SUNDAY

Total time: 40 mins

- Jog 30s, walk 30s

Repeat 5x

- Jog 25 mins

WEEK 8

5K PROGRAM

MONDAY

Total time: 25 mins

- Jog 1 min, walk 30s

Repeat 10x

TUESDAY

Rest or cross-train

WEDNESDAY

Total time: 33 mins

Jog 15 mins, walk 3 mins, jog 5 mins

THURSDAY

Rest

FRIDAY

Total time: 30 mins

Sets of 5, 4, 3, 2, 1 mins jogging
with 1 min walking in between

SATURDAY

Rest

SUNDAY

5k Day!

HOKA[®]