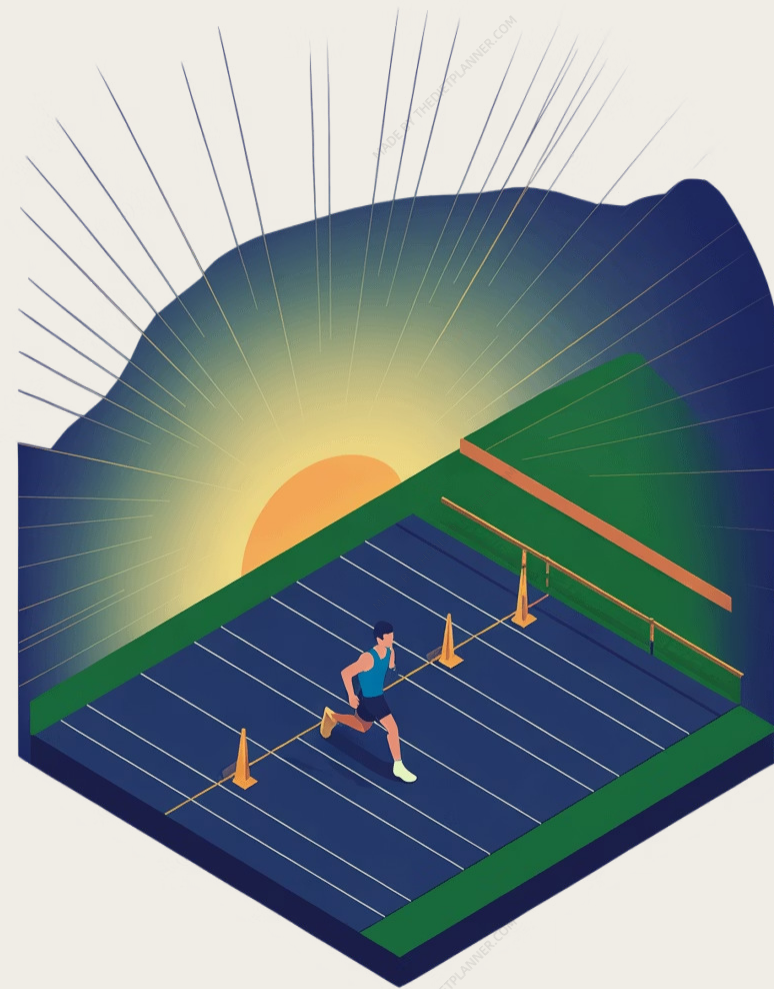


Run Your First 5K in 6 Weeks

A proven, progressive plan to take you from the couch to the finish line — no prior running experience required. Brought to you by **thedietplanner.com**

6-WEEK TRAINING PLAN

BEGINNER FRIENDLY





What to Expect

Here's the honest truth: **the first two weeks will feel hard.** You'll be out of breath. Your legs will feel heavy. That's completely normal — every runner has been there. This plan is designed to meet you where you are and build you up gradually, one run at a time.



Time Commitment

3 runs per week, 30–40 minutes each session



Progressive Build

Each week gets a little harder — your body adapts fast



Realistic Goal

Finish your first 5K — not win it. Crossing that line is the victory.

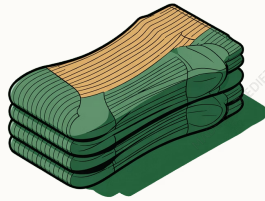
Essential Gear You Actually Need

You don't need fancy equipment — but a few smart choices make a huge difference.



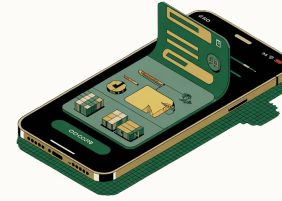
Running Shoes

Visit a running store for a gait analysis.
Replace every 300–500 miles.



Moisture-Wicking Socks

Cotton causes blisters. Choose synthetic
or merino wool blends.



Running App

Track runs with **Strava**, **Nike Run Club**,
or **Runkeeper**.

Your 6-Week Training Schedule

Run **3 days per week** with at least one rest day between runs. Each session includes a 5-minute warm-up walk and 5-minute cool-down walk.

Week	Run/Repeat	Walk Interval	Total Run Time
Week 1	Run 60s × 8	Walk 90s between	~8 min running
Week 2	Run 90s × 8	Walk 2 min between	~12 min running
Week 3	Run 2 min × 6	Walk 2 min between	~12 min running
Week 4	Run 3 min × 5	Walk 90s between	~15 min running
Week 5	Run 5 min × 4	Walk 2 min between	~20 min running
Week 6	Run continuous	None — keep going!	30 min straight

Warm-Up & Cool-Down Routine

Never skip these 5 minutes — they prevent injury and improve performance.

Warm-Up (5 min)

- Brisk walk — 2 min
- Leg swings — 10 each side
- Walking lunges — 10 reps
- High knees — 30 seconds
- Ankle circles — 10 each foot

Cool-Down (5 min)

- Slow walk — 2 min
- Standing quad stretch — 30s each
- Hamstring stretch — 30s each
- Calf stretch — 30s each
- Child's pose — 1 min

 Hold stretches 30 seconds each. Breathe deeply — don't bounce.



How to Breathe While Running

Most beginners hold their breath or take shallow chest breaths — this causes side stitches and early fatigue. The fix: **breathe from your belly.**

Belly Breathing

Inhale through your nose, belly expands. Exhale through your mouth, belly contracts.

Rhythm Breathing

Try a 2:2 pattern — inhale for 2 steps, exhale for 2 steps. Adjust to 3:3 at easy pace.

Common Beginner Mistakes to Avoid

1 Going Too Fast

You should be able to hold a conversation. If you can't talk, slow down. Easy runs build your aerobic base.

2 Skipping Rest Days

Rest days are when your muscles rebuild and get stronger. Overtraining leads to injury — not progress.

3 Wearing the Wrong Shoes

Old sneakers or fashion shoes cause blisters, shin splints, and knee pain. Invest in proper running shoes.



Nutrition Tips for Runners

Fueling right makes every run feel better. Here's what to eat around your training runs.

Before Your Run

- **1-2 hours before:** Oatmeal with banana, toast with peanut butter, or yogurt with granola
- **30 min before:** A banana, energy bar, or small handful of dried fruit
- **Hydrate:** 16 oz of water in the hour before you run

After Your Run

- **Within 30-60 min:** Protein + carbs combo — chocolate milk, eggs + toast, or a smoothie
- **Rehydrate:** Drink 16-24 oz of water for every pound lost during the run
- **Anti-inflammatory foods:** Berries, leafy greens, and turmeric help recovery



Race Day Guide

You've trained for this. Here's how to make race day smooth and unforgettable.

1

🌙 Night Before

Lay out your outfit, bib, and shoes. Eat a familiar carb-based dinner. No new foods.

2

☀️ Race Morning

Eat a light breakfast 90 min before. Arrive 45 min early. Do your warm-up walk.

3

🏃 At the Start Line

Start slower than you think. Adrenaline is real — resist sprinting the first half-mile.

4

🏁 Crossing the Finish

Walk for 5-10 minutes after. Hydrate, stretch, and celebrate. You earned it.

You Finished — Now What?

Crossing your first 5K is just the beginning. Here's how to keep improving.



Add Speed Work

Once a week, try short intervals — 30 seconds fast, 90 seconds easy, repeat 6 times.



Build Your Base

Add 5–10 minutes to your longest weekly run every 2 weeks. Aim for a 10K next.



Strength Train

2x per week: squats, lunges, planks, and calf raises. Stronger muscles = faster runs.



Sign Up for Another Race

Having a goal on the calendar keeps you motivated. Pick a race 8–10 weeks out.



You did it. 6 weeks ago you were on the couch. Now you're a runner. Keep going. 🏃