

DAMASCUS **5K** TRAINING_PLAN

6 WEEKS



WEEK	DATE	DAY	SESSION TYPE	DETAILS
1	2025-06-01	SUNDAY	WALK/RUN	ALTERNATE 1 MIN RUN / 1.5 MIN WALK FOR 20-25 MIN.
1	2025-06-02	MONDAY	REST	FULL REST DAY.
1	2025-06-03	TUESDAY	EASY JOG	JOG 3-4 KM AT A LIGHT, TALKABLE PACE.
1	2025-06-04	WEDNESDAY	STRENGTH/CORE	BODYWEIGHT EXERCISES: SQUATS, PLANKS, GLUTE BRIDGES (20-30 MIN).
1	2025-06-05	THURSDAY	HILL WALK OR JOG	FIND A HILL. WALK OR JOG UP 4-5 TIMES. RECOVER WALKING DOWN.
1	2025-06-06	FRIDAY	REST OR LIGHT WALK	TAKE A REST OR WALK 20 MIN.
1	2025-06-07	SATURDAY	LONG WALK/RUN	WALK/RUN FOR 20 MINUTES. USE INTERVALS AND STAY STEADY.
2	2025-06-08	SUNDAY	WALK/RUN	ALTERNATE 1 MIN RUN / 1.5 MIN WALK FOR 20-25 MIN.
2	2025-06-09	MONDAY	REST	FULL REST DAY.
2	2025-06-10	TUESDAY	EASY JOG	JOG 3-4 KM AT A LIGHT, TALKABLE PACE.
2	2025-06-11	WEDNESDAY	STRENGTH/CORE	BODYWEIGHT EXERCISES: SQUATS, PLANKS, GLUTE BRIDGES (20-30 MIN).
2	2025-06-12	THURSDAY	HILL WALK OR JOG	FIND A HILL. WALK OR JOG UP 4-5 TIMES. RECOVER WALKING DOWN.
2	2025-06-13	FRIDAY	REST OR LIGHT WALK	TAKE A REST OR WALK 20 MIN.
2	2025-06-14	SATURDAY	LONG WALK/RUN	WALK/RUN FOR 25 MINUTES. USE INTERVALS AND STAY STEADY.
3	2025-06-15	SUNDAY	WALK/RUN	ALTERNATE 1 MIN RUN / 1.5 MIN WALK FOR 20-25 MIN.
3	2025-06-16	MONDAY	REST	FULL REST DAY.
3	2025-06-17	TUESDAY	EASY JOG	JOG 3-4 KM AT A LIGHT, TALKABLE PACE.
3	2025-06-18	WEDNESDAY	STRENGTH/CORE	BODYWEIGHT EXERCISES: SQUATS, PLANKS, GLUTE BRIDGES (20-30 MIN).
3	2025-06-19	THURSDAY	HILL WALK OR JOG	FIND A HILL. WALK OR JOG UP 4-5 TIMES. RECOVER WALKING DOWN.
3	2025-06-20	FRIDAY	REST OR LIGHT WALK	TAKE A REST OR WALK 20 MIN.
3	2025-06-21	SATURDAY	LONG WALK/RUN	WALK/RUN FOR 30 MINUTES. USE INTERVALS AND STAY STEADY.
4	2025-06-22	SUNDAY	WALK/RUN	ALTERNATE 2-3 MIN RUN / 1 MIN WALK FOR 25-30 MIN.
4	2025-06-23	MONDAY	REST	FULL REST DAY.
4	2025-06-24	TUESDAY	EASY JOG	JOG 3-4 KM AT A LIGHT, TALKABLE PACE.

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4	2025-06-25	WEDNESDAY	STRENGTH/CORE	BODYWEIGHT EXERCISES: SQUATS, PLANKS, GLUTE BRIDGES (20-30 MIN).
4	2025-06-26	THURSDAY	HILL WALK OR JOG	FIND A HILL. WALK OR JOG UP 4-5 TIMES. RECOVER WALKING DOWN.
4	2025-06-27	FRIDAY	REST OR LIGHT WALK	TAKE A REST OR WALK 20 MIN.
4	2025-06-28	SATURDAY	LONG WALK/RUN	WALK/RUN FOR 35 MINUTES. USE INTERVALS AND STAY STEADY.
5	2025-06-29	SUNDAY	WALK/RUN	ALTERNATE 2-3 MIN RUN / 1 MIN WALK FOR 25-30 MIN.
5	2025-06-30	MONDAY	REST	FULL REST DAY.
5	2025-07-01	TUESDAY	EASY JOG	JOG 3-4 KM AT A LIGHT, TALKABLE PACE.
5	2025-07-02	WEDNESDAY	STRENGTH/CORE	BODYWEIGHT EXERCISES: SQUATS, PLANKS, GLUTE BRIDGES (20-30 MIN).
5	2025-07-03	THURSDAY	HILL WALK OR JOG	FIND A HILL. WALK OR JOG UP 4-5 TIMES. RECOVER WALKING DOWN.
5	2025-07-04	FRIDAY	REST OR LIGHT WALK	TAKE A REST OR WALK 20 MIN.
5	2025-07-05	SATURDAY	LONG WALK/RUN	WALK/RUN FOR 40 MINUTES. USE INTERVALS AND STAY STEADY.
6	2025-07-06	SUNDAY	WALK/RUN	ALTERNATE 2-3 MIN RUN / 1 MIN WALK FOR 25-30 MIN.
6	2025-07-07	MONDAY	REST	FULL REST DAY.
6	2025-07-08	TUESDAY	EASY JOG	JOG 3-4 KM AT A LIGHT, TALKABLE PACE.
6	2025-07-09	WEDNESDAY	STRENGTH/CORE	BODYWEIGHT EXERCISES: SQUATS, PLANKS, GLUTE BRIDGES (20-30 MIN).
6	2025-07-10	THURSDAY	HILL WALK OR JOG	FIND A HILL. WALK OR JOG UP 4-5 TIMES. RECOVER WALKING DOWN.
6	2025-07-11	FRIDAY	REST OR LIGHT WALK	TAKE A REST OR WALK 20 MIN.
6	2025-07-12	SATURDAY	LONG WALK/RUN	WALK/RUN FOR 45 MINUTES. USE INTERVALS AND STAY STEADY.