First Stride

firststride.app/plan

Nine weeks from your first run to 5K

Every workout starts with a five-minute brisk walk to warm up. Times are in minutes. In weeks 5 and 6 each run of the week is different; in the others, all three are the same.

	THE WORKOUT	RUNNING	TOTAL	DONE
WEEK 1	Run 1 · Walk 1½ · Eight times. All three days	8 min	25 min	☐☐☐
WEEK 2	Run 1½ · Walk 2 · Six times. All three days	9 min	26 min	☐☐☐
WEEK 3	Run 1½ · Walk 1½ · Run 3 · Walk 3 · Twice. All three days	9 min	23 min	☐☐☐
WEEK 4	Run 3 · Walk 1½ · Run 5 · Walk 2½ · Run 3 · Walk 1½ · Run 5 All three days	16 min	26½ min	☐☐☐
WEEK 5	DAY 1 Run 5 · Walk 3 · Run 5 · Walk 3 · Run 5	15 min	26 min	☐
	DAY 2 Run 8 · Walk 5 · Run 8	16 min	26 min	☐
	DAY 3 Run 20 without a break.	20 min	25 min	☐
WEEK 6	DAY 1 Run 5 · Walk 3 · Run 8 · Walk 3 · Run 5	18 min	29 min	☐
	DAY 2 Run 10 · Walk 3 · Run 10	20 min	28 min	☐
	DAY 3 Run 25 without a break.	25 min	30 min	☐
WEEK 7	Run 25 without a break. All three days	25 min	30 min	☐☐☐
WEEK 8	Run 28 without a break. All three days	28 min	33 min	☐☐☐
WEEK 9	Run 30 without a break. All three days	30 min	35 min	☐☐☐

- Rest a day between runs. Run slowly enough that you could talk.
- The walks are part of the plan. If a workout felt too hard, repeat it before moving on.
- A training plan, not medical advice: if you have a health condition or haven't exercised in a long while, talk to a doctor before you start.

First Stride, the run/walk app for iPhone and Apple Watch, calls every interval out loud and taps your wrist at each change: firststride.app