Running 5k

Routine:

Week 1

Day 1: 1 mile jog(Considering you're a beginner, maybe you've never ran a mile before. This will help you get an idea of where your running skills are.)

Day 2: 1/2 mile jog, 1/4 mile walk, 1/2 mile jog

Day 3: Rest

Day 4: 1 mile jog

Day 5: 1/2 jog, 1/4 mile walk, 3/4 mile jog

Day 6: 1 mile jog

Day 7: Rest

Week 2

Day 8: Rest

Day 9: 2 miles jog

Day 10: 1/2 mile jog, 1/4 mile walk, 1 mile jog

Day 11: Rest

Day 12: 2 1/2 miles jog

Day 13: 2 miles jog

Day 14: 1/2 mile jog, 1/4 mile walk, 1 mile jog, 1/4 mile walk, 1 mile jog

Week 3

Day 15: Rest

Day 16: 2 mile jog

Day 17: 1 mile jog, 1/4 mile walk, 1 mile jog

Day 18: 2 mile jog, 1/4 mile walk, 1/2 mile jog

Day 19: 1 1/2 mile jog

Day 20: Rest

Day 21: 1 mile jog, 1/4 mile walk. 2 mile jog

Week 4

Day 22: 2 miles

Day 23: 1 mile jog, 1/4 mile walk, 1 mile jog, 1/4 walk, 1 mile jog

Day 24: 1 1/2 mile jog, 1/4 mile walk, 2 mile jog

Day 25: Rest

Day 26: Rest

Day 27: 2 mile jog, 1/4 mile walk, 1 1/2 mile jog

Day 28 1 1/2 mile jog, 1/4 mile walk, 1 1/2 mile jog

Day 29: 3 mile jog