



ATHLIFLY — 8-WEEK 5K TRAINING PLAN

Print-Ready Edition — A Beginner-Friendly Run/Walk Workbook

www.athlifly.com

Your XP System — How Points Work

Action	XP Reward	Notes
Complete a Run/Walk Workout	+50 XP	Awarded per session, up to 3x per week
Complete a Strength & Recovery Session	+30 XP	Awarded per session, up to 2x per week
Week Completion Bonus	+100 XP	Awarded once all sessions in a week are logged
5K Graduation Run	+500 XP	Awarded once at the end of Week 8
TOTAL WORKBOOK TARGET	~2,500 XP	Achievable by completing the full 8-week plan

My Running XP Total: _____ XP

Progression Levels — Your Journey Map

Level	Title	Weeks Covered	Focus
Level 1	The Igniter	Weeks 1–2	Build the run/walk habit and learn the rhythm
Level 2	Rhythm Builder	Weeks 3–4	Extend intervals and stabilize your stride
Level 3	Endurance Explorer	Weeks 5–6	Grow aerobic endurance and pacing control
Level 4	5K Champion	Weeks 7–8	Hold form, taper smart, and graduate to 5K

Streak & Adaptability Rule

STREAK RESTORER RULE: If you log "Hard" effort twice in a row, repeat the current week with zero penalty. No XP is lost.
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Weekly Rhythm — What Goes Where

Day	Plan	Purpose
Monday	Run/Walk Session (+50 XP)	Build your aerobic base
Tuesday	Strength & Active Recovery (+30 XP)	Support hips, calves, feet, and core
Wednesday	Run/Walk Session (+50 XP)	Practice controlled running
Thursday	Strength & Active Recovery (+30 XP)	Build resilience without extra impact

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Day	Plan	Purpose
Friday	Run/Walk Session (+50 XP)	Progress the main workout
Saturday	Optional Easy Walk	Gentle movement only
Sunday	TOTAL REST DAY	Let tissues recover and adapt

Master 8-Week 5K Training Schedule

Level 1 — The Igniter (Weeks 1–2)

Week	Workout Details	Progress & Effort	Key Focus
Week 1	Warm-up: 5 min walk Run 30 sec x8 / Walk 90 sec x8 Cool-down: 5 min walk	☐ Done (+50 XP) ☐ Easy ☐ Moderate ☐ Hard	Stay conversational.
Week 2	Warm-up: 5 min walk Run 45 sec x8 / Walk 75 sec x8 Cool-down: 5 min walk	☐ Done (+50 XP) ☐ Easy ☐ Moderate ☐ Hard	Relax shoulders.

Date Completed: ____/____/____ XP Earned: _____

MILESTONE — First Steps

Target: +280 XP Collected Badge Earned: ☐

Level 2 — Rhythm Builder (Weeks 3–4)

Week	Workout Details	Progress & Effort	Key Focus
Week 3	Warm-up: 5 min walk Run 60 sec x8 / Walk 60 sec x8 Cool-down: 5 min walk	☐ Done (+50 XP) ☐ Easy ☐ Moderate ☐ Hard	Notice natural cadence.
Week 4	Warm-up: 5 min walk	☐ Done (+50 XP)	Avoid overstriding.

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Week	Workout Details	Progress & Effort	Key Focus
	Run 90 sec x6 / Walk 90 sec x6 Cool-down: 5 min walk	[] Easy [] Moderate [] Hard	

Date Completed: ____/____/____ XP Earned: _____

MILESTONE — Halfway Hero

Target: +280 XP Collected Running Total: ~560 XP Badge: []

Master 8-Week 5K Training Schedule

Level 3 — Endurance Explorer (Weeks 5–6)

Week	Workout Details	Progress & Effort	Key Focus
Week 5	Warm-up: 5 min walk Run 2 min x5 / Walk 2 min x5 Cool-down: 5 min walk	☐ Done (+50 XP) ☐ Easy ☐ Moderate ☐ Hard	Stay conversational.
Week 6	Warm-up: 5 min walk Run 3 min x4 / Walk 2 min x4 Cool-down: 5 min walk	☐ Done (+50 XP) ☐ Easy ☐ Moderate ☐ Hard	Maintain relaxed breathing.

Date Completed: ____/____/____ XP Earned: _____

MILESTONE — Taper Master

Target: +280 XP Collected Running Total: ~840 XP Badge: ☐

Level 4 — 5K Champion (Weeks 7–8)

Week	Workout Details	Progress & Effort	Key Focus
Week 7	Warm-up: 5 min walk Run 5 min x3 / Walk 3 min x3 Cool-down: 5 min walk	☐ Done (+50 XP) ☐ Easy ☐ Moderate ☐ Hard	Watch fatigue.
Week 8	Option A: 20–30 min continuous easy run	☐ Done (+500 XP)	Graduate to 5K.

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Week	Workout Details	Progress & Effort	Key Focus
	Option B: Run 5 min / Walk 1–2 min until 5K	☐ Easy ☐ Moderate ☐ Hard	

Race Date: ____/____/____ Final XP Total: _____

MILESTONE — 5K Legend

Target: +780 XP Collected Grand Total: ~2,500 XP Badge: ☐

Strength & Conditioning Protocol

Two short sessions per week. Each completed session earns +30 XP.

Exercise	Target Area	Protocol	Why It Helps
Glute Bridge	Hips & Glutes	2–3 x 10–15	Powers forward push-off
Side-Lying Leg Raise	Hip Stabilizers	2–3 x 12–15/side	Keeps stride steady
Calf Raise	Calves & Achilles	2–3 x 12–15	Builds push-off capacity
Bent-Knee Calf Raise	Lower Calf	2–3 x 12–15	Supports longer intervals
Step-Down	Knee Control	2 x 8–10/side	Keeps knee aligned
Side Plank	Core Stability	2 x 20–30 sec/side	Stops trunk wobbling

Session completed: ☐ Done (+30 XP) Effort: ☐ Easy ☐ Moderate ☐ Hard
Date: ____/____/____ XP
Earned: _____

Race Taper & Pacing Strategy

Two-Week Race Taper

Timeframe	Training Focus	Avoid
14–10 days	Normal easy sessions + one moderate-long run	Adding mileage to catch up
9–7 days	Keep run/walk familiar	New shoes or hard workout
6–4 days	Easy running + light strength	Hard hills or maximal speed
3–2 days	Short relaxed session or easy walk	Trying to prove fitness
Day before	Rest or gentle walking	Long shopping or intense stretching
Race day	Controlled warm-up + even pacing	Sprinting first kilometer

Race-Day Pacing & Walk Strategy

Segment	Talk-Test Target	Execution
Kilometer 1	Full sentences	Start slower than excitement suggests
Kilometer 2	Full sentences	Settle into controlled effort
Kilometer 3	Sentences to short phrases	Hold rhythm
Kilometer 4	Short phrases	Check breathing, legs, joints

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Segment	Talk-Test Target	Execution
Final kilometer	Controlled increase	Push only if form is solid
Final 400–500 m	Effort-based	Finish stronger if controlled
Planned walk	Full sentences	Run 5 min / walk 1 min
Effort-based walk	Walk before panic breathing	Resume when short sentences return
Hill strategy	Easy on flats	Walk steep climbs

Troubleshooting, Recovery & Graduation

Mistakes & Tips

Common Mistake	What Can Happen	What To Do Instead
Starting too fast	Early exhaustion	Start controlled
New shoes on race day	Blisters and unfamiliar pressure	Use tested shoes
Skipping breakfast	Low energy or upset stomach	Eat familiar light meal
Chasing another runner	Loss of pacing control	Follow your plan
Ignoring sharp pain	Small issue can escalate	Stop or walk and reassess
Extra late training	Fatigue without fitness gain	Trust preparation
Refusing to walk	Pushing beyond capacity	Use walk breaks
Sudden cadence change	Calf/Achilles strain	Adjust gently

Quick Reference — Fueling, Recovery & Troubleshooting

Category	Best Practice	Signal to Repeat a Week
Pre-race food	Toast, banana, oatmeal, familiar yogurt; drink to thirst	N/A
During 5K	Usually no fuel; water in heat	N/A

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Category	Best Practice	Signal to Repeat a Week
After race	Normal meal with carbs and protein	N/A
Sleep/recovery	Consistent sleep + easy walking	Worse next morning
Pain check	Sharp/localized/worsening pain means stop	Pain worsens during run
Breathing check	Full sentences easy; no speech walk	Breathing uncontrolled
Gait check	No limping or favoring one side	Gait changes
Overall difficulty	Week should get easier	Week feels harder repeatedly
Missed training	Return to last comfortable week	Break exceeds 2 weeks

5K LEGEND STATUS ACHIEVED

Completing the plan matters more than racing every workout.

Target Race Date: ____/____/____ Target
Feeling: _____

Final XP: _____ Badge Earned: []