



2025 GREAT NORTH RUN

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Follow this 8-week training plan to prepare for the Great North Run 5K on March 8, 2025! Alternate running and walking, repeating intervals as indicated. Share your progress on social media and be sure to tag @wtsfoundation and #2025GNR. See you at the starting line!

WEEKS	MON	TUES	WED	THURS	FRI	SAT	SUN
Week 1 (1/13-1/19)	CROSS-TRAIN or REST	Run 2 min. Walk 3 min. x4 (20 min.)	CROSS-TRAIN or REST	Run 2 min. Walk 3 min. x4 (20 min.)	CROSS-TRAIN or REST	Run 3 min. Walk 2 min. x5 (25 min.)	REST
Week 2 (1/20-1/26)	CROSS-TRAIN or REST	Run 4 min. Walk 2 min. x4 (24 min.)	CROSS-TRAIN or REST	Run 4 min. Walk 2 min. x4 (24 min.)	CROSS-TRAIN or REST	Run 5 min. Walk 2 min. x4 (28 min.)	REST
Week 3 (1/27-2/2)	CROSS-TRAIN or REST	Run 5 min. Walk 1 min. x4 (24 min.)	CROSS-TRAIN or REST	Run 6 min. Walk 1 min. x4 (28 min.)	CROSS-TRAIN or REST	Run 8 Walk 2 Run 9 Walk 2 Run 10 Walk 4 (35 min.)	REST
Week 4 (2/3-2/9)	CROSS-TRAIN or REST	Run 8 min. Walk 2 min. x3 (30 min.)	CROSS-TRAIN or REST	Run 9 min. Walk 1 min. x3 (30 min.)	CROSS-TRAIN or REST	Run 10 Walk 2 Run 11 Walk 2 Run 12 (37 min.)	REST

This plan is not intended as medical advice. Check with your doctor before beginning any new exercise plan.

WEEKS	MON	TUES	WED	THURS	FRI	SAT	SUN
Week 5 (2/10-2/16)	CROSS-TRAIN or REST	Run 14 min. Walk 1 min. Run 14 min. (25 min.)	CROSS-TRAIN or REST	Run 16 min. Walk 1 min. Run 8 min. (25 min.)	CROSS-TRAIN or REST	Run 25 min.	REST
Week 6 (2/17-2/23)	CROSS-TRAIN or REST	Run 20 min. Walk 1 min. Run 9 min. (30 min.)	CROSS-TRAIN or REST	Run 25 min. Walk 1 min. Run 4 min. (30 min.)	CROSS-TRAIN or REST	Run 30 min.	REST
Week 7 (2/24-3/2)	CROSS-TRAIN or REST	Run 25 min.	CROSS-TRAIN or REST	Run 30 min.	CROSS-TRAIN or REST	Run 35 min.	REST
Week 8 (3/3-3/9)	CROSS-TRAIN or REST	Run 30 min.	CROSS-TRAIN or REST	Run 20 min.	REST	2025 GNR RACE DAY!	REST

Progress, Not Perfection. Don't stress if you can't follow this plan exactly. Feel free to shift the schedule as needed... just make sure you get 3 runs/walks in a week.

Don't Skip the Warm-Up or Cool Down. Before your run, take a brisk 5 minute walk and/or do some dynamic stretching. After your run, be sure to stretch those legs!

When in Doubt, Rest. A little soreness is to be expected, but if you feel any pain or something feels "off," take a rest. Lots of running injuries happen from pushing too hard, too soon. Take it easy!

Don't Worry About Pace. As long as you're moving forward, there's no such thing as too slow when you're starting out.

Don't Forget Strength & Cross-Training. Good cross-training for running includes elliptical, cycling, swimming and brisk walking.

Share Your Progress. Trying something new is never easy... but you're doing it! Share your progress on social and be sure to tag @wtsfoundation and #2025GNR.

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