



5 KM Fitness Run: 12-Week Training Plan

Yavatmal Health Marathon 2027 • 5th Edition • Sunday 3 January 2027

How this plan works

Who it is for: beginners and walkers aged 15 and above, and anyone returning to exercise. You should be able to walk briskly for 30 minutes. If you can already run 3 km, start at Week 5.

Goal: run (or run-walk) the 5 KM Fitness Run comfortably and enjoy it. The longest run is 6 km in Week 10.

Calendar: Week 1 starts Monday 12 October 2026. Week 12 ends on race day, Sunday 3 January 2027.

Day	What you do
Mon	Rest and 10 min mobility
Tue	Walk-run or easy run, then a core routine
Wed	Strength routine (no run)
Thu	Walk-run or run with a few faster bits
Fri	Rest, or easy walk
Sat	Brisk walk or easy jog, then a core routine
Sun	Longer run at easy pace

Term	What it means
Walk-run	Jog for the time shown, then walk for the time shown. Repeat until the distance is done.
Easy	You can talk in full sentences. Slow down or walk whenever you need to.
Faster / steady	A little quicker, still controlled. Walk or jog slowly between the faster bits.
Strides	15–20 seconds smooth and relaxed, with walking recovery.

Warm up before every session with 5 minutes of brisk walking, 10 leg swings per leg and 10 hip circles. Finish with 5 minutes of walking and gentle stretching.

12-week overview

Wk	Week of	Phase	Tue	Thu	Sat	Sun	Total
1	12 Oct	Base	2 km walk-run (1 min jog, 2 min walk)	2 km walk-run (1 min jog, 2 min walk)	30 min brisk walk	3 km walk-run (1 min jog, 2 min walk)	7 km + walk
2	19 Oct	Base	2 km walk-run (2 min jog, 2 min walk)	2.5 km walk-run (2 min jog, 2 min walk)	30 min brisk walk	3 km walk-run (2 min jog, 2 min walk)	7.5 km + walk
3	26 Oct	Base	2.5 km walk-run (3 min jog, 2 min walk)	2.5 km walk-run (3 min jog, 1 min walk)	35 min brisk walk	3.5 km walk-run (3 min jog, 2 min walk)	8.5 km + walk
4	2 Nov	Base	2 km walk-run (3 min jog, 2 min walk)	2 km easy walk-run	30 min brisk walk	3 km walk-run (3 min jog, 2 min walk)	7 km + walk
5	9 Nov	Build	3 km walk-run (5 min jog, 1 min walk)	3 km incl. 4 × 30 s a little faster	2 km easy jog	4 km walk-run (5 min jog, 1 min walk)	12 km
6	16 Nov	Build	3 km easy jog (walk breaks if needed)	3 km incl. 5 × 1 min faster, 2 min easy	2 km easy jog	4 km easy jog	12 km
7	23 Nov	Build	3.5 km easy jog	3.5 km incl. 10 min steady	2 km easy jog	5 km easy (short walk breaks are fine)	14 km
8	30 Nov	Build	3 km easy jog	3 km easy + 4 strides	2 km easy jog	4 km easy jog	12 km
9	7 Dec	Peak	4 km easy jog	4 km incl. 6 × 1 min fast, 1 min easy	2.5 km easy jog	5 km easy, non-stop	15.5 km

W k	Week of	Phase	Tue	Thu	Sat	Sun	Total
10	14 Dec	Peak	4 km easy jog	4 km incl. 12 min steady tempo	2.5 km easy jog	6 km easy (longest run)	16.5 km
11	21 Dec	Taper	3 km easy jog	3 km incl. 3 × 3 min at race effort	2 km easy jog	4 km easy jog	12 km
12	28 Dec	Race week	2.5 km easy + strides	2 km very easy	1.5 km shakeout	RACE	6 km + race

Weeks 4 and 8 are recovery weeks. If a week feels too hard, repeat it before moving on. Never double up missed sessions.

Daily plan

Week 1 • week of 12 Oct • Base • 7 km + walk

Day	Run / walk	Workout / core / recovery
Mon	Rest day	Mobility, 10 min: hip-flexor, hamstring, calf and glute stretches, 30 s per side each.
Tue	2 km walk-run (1 min jog, 2 min walk)	Core routine 5A after the run (about 10–15 min).
Wed	No run	Strength routine 5A (about 20 min).
Thu	2 km walk-run (1 min jog, 2 min walk)	5 min brisk walk before and after. 10 min stretching.
Fri	Rest, or 20–30 min easy walk	Early night.
Sat	30 min brisk walk	Core routine 5A (about 10–15 min).
Sun	3 km walk-run (1 min jog, 2 min walk) – LONGER RUN, easy	Walk 5 min, stretch, then a good breakfast.

Week 2 • week of 19 Oct • Base • 7.5 km + walk

Day	Run / walk	Workout / core / recovery
Mon	Rest day	Mobility, 10 min: hip-flexor, hamstring, calf and glute stretches, 30 s per side each.
Tue	2 km walk-run (2 min jog, 2 min walk)	Core routine 5A after the run (about 10–15 min).
Wed	No run	Strength routine 5A (about 20 min).
Thu	2.5 km walk-run (2 min jog, 2 min walk)	5 min brisk walk before and after. 10 min stretching.
Fri	Rest, or 20–30 min easy walk	Early night.
Sat	30 min brisk walk	Core routine 5A (about 10–15 min).
Sun	3 km walk-run (2 min jog, 2 min walk) – LONGER RUN, easy	Walk 5 min, stretch, then a good breakfast.

Week 3 • week of 26 Oct • Base • 8.5 km + walk

Day	Run / walk	Workout / core / recovery
Mon	Rest day	Mobility, 10 min: hip-flexor, hamstring, calf and glute stretches, 30 s per side each.
Tue	2.5 km walk-run (3 min jog, 2 min walk)	Core routine 5A after the run (about 10–15 min).
Wed	No run	Strength routine 5A (about 20 min).
Thu	2.5 km walk-run (3 min jog, 1 min walk)	5 min brisk walk before and after. 10 min stretching.
Fri	Rest, or 20–30 min easy walk	Early night.
Sat	35 min brisk walk	Core routine 5A (about 10–15 min).
Sun	3.5 km walk-run (3 min jog, 2 min walk) – LONGER RUN, easy	Walk 5 min, stretch, then a good breakfast.

Week 4 • week of 2 Nov • Base • 7 km + walk

Day	Run / walk	Workout / core / recovery
Mon	Rest day	Mobility, 10 min: hip-flexor, hamstring, calf and glute stretches, 30 s per side each.
Tue	2 km walk-run (3 min jog, 2 min walk)	Core routine 5A after the run (about 10–15 min).
Wed	No run	Strength routine 5A (about 20 min).
Thu	2 km easy walk-run	5 min brisk walk before and after. 10 min stretching.
Fri	Rest, or 20–30 min easy walk	Early night.
Sat	30 min brisk walk	Core routine 5A (about 10–15 min).
Sun	3 km walk-run (3 min jog, 2 min walk) – LONGER RUN, easy	Walk 5 min, stretch, then a good breakfast.

Recovery week: lighter on purpose. Do not add extra.

Week 5 • week of 9 Nov • Build • 12 km

Day	Run / walk	Workout / core / recovery
Mon	Rest day	Mobility, 10 min: hip-flexor, hamstring, calf and glute stretches, 30 s per side each.
Tue	3 km walk-run (5 min jog, 1 min walk)	Core routine 5B after the run (about 10–15 min).
Wed	No run	Strength routine 5B (about 20 min).
Thu	3 km incl. 4 × 30 s a little faster	5 min brisk walk before and after. 10 min stretching.
Fri	Rest, or 20–30 min easy walk	Early night.
Sat	2 km easy jog	Core routine 5B (about 10–15 min).
Sun	4 km walk-run (5 min jog, 1 min walk) – LONGER RUN, easy	Walk 5 min, stretch, then a good breakfast.

Week 6 • week of 16 Nov • Build • 12 km

Day	Run / walk	Workout / core / recovery
Mon	Rest day	Mobility, 10 min: hip-flexor, hamstring, calf and glute stretches, 30 s per side each.
Tue	3 km easy jog (walk breaks if needed)	Core routine 5B after the run (about 10–15 min).
Wed	No run	Strength routine 5B (about 20 min).
Thu	3 km incl. 5 × 1 min faster, 2 min easy	5 min brisk walk before and after. 10 min stretching.
Fri	Rest, or 20–30 min easy walk	Early night.
Sat	2 km easy jog	Core routine 5B (about 10–15 min).
Sun	4 km easy jog – LONGER RUN, easy	Walk 5 min, stretch, then a good breakfast.

Week 7 • week of 23 Nov • Build • 14 km

Day	Run / walk	Workout / core / recovery
Mon	Rest day	Mobility, 10 min: hip-flexor, hamstring, calf and glute stretches, 30 s per side each.
Tue	3.5 km easy jog	Core routine 5B after the run (about 10–15 min).
Wed	No run	Strength routine 5B (about 20 min).
Thu	3.5 km incl. 10 min steady	5 min brisk walk before and after. 10 min stretching.
Fri	Rest, or 20–30 min easy walk	Early night.
Sat	2 km easy jog	Core routine 5B (about 10–15 min).
Sun	5 km easy (short walk breaks are fine) – LONGER RUN, easy	Walk 5 min, stretch, then a good breakfast.

Week 8 • week of 30 Nov • Build • 12 km

Day	Run / walk	Workout / core / recovery
Mon	Rest day	Mobility, 10 min: hip-flexor, hamstring, calf and glute stretches, 30 s per side each.
Tue	3 km easy jog	Core routine 5B after the run (about 10–15 min).
Wed	No run	Strength routine 5B (about 20 min).
Thu	3 km easy + 4 strides	5 min brisk walk before and after. 10 min stretching.
Fri	Rest, or 20–30 min easy walk	Early night.
Sat	2 km easy jog	Core routine 5B (about 10–15 min).
Sun	4 km easy jog – LONGER RUN, easy	Walk 5 min, stretch, then a good breakfast.

Recovery week: lighter on purpose. Do not add extra.

Week 9 • week of 7 Dec • Peak • 15.5 km

Day	Run / walk	Workout / core / recovery
Mon	Rest day	Mobility, 10 min: hip-flexor, hamstring, calf and glute stretches, 30 s per side each.
Tue	4 km easy jog	Core routine 5C after the run (about 10–15 min).
Wed	No run	Strength routine 5C (about 20 min).
Thu	4 km incl. 6 × 1 min fast, 1 min easy	5 min brisk walk before and after. 10 min stretching.
Fri	Rest, or 20–30 min easy walk	Early night.
Sat	2.5 km easy jog	Core routine 5C (about 10–15 min).
Sun	5 km easy, non-stop – LONGER RUN, easy	Walk 5 min, stretch, then a good breakfast.

Week 10 • week of 14 Dec • Peak • 16.5 km

Day	Run / walk	Workout / core / recovery
Mon	Rest day	Mobility, 10 min: hip-flexor, hamstring, calf and glute stretches, 30 s per side each.
Tue	4 km easy jog	Core routine 5C after the run (about 10–15 min).
Wed	No run	Strength routine 5C (about 20 min).
Thu	4 km incl. 12 min steady tempo	5 min brisk walk before and after. 10 min stretching.
Fri	Rest, or 20–30 min easy walk	Early night.
Sat	2.5 km easy jog	Core routine 5C (about 10–15 min).
Sun	6 km easy (longest run) – LONGER RUN, easy	Walk 5 min, stretch, then a good breakfast.

Week 11 • week of 21 Dec • Taper • 12 km

Day	Run / walk	Workout / core / recovery
Mon	Rest day	Mobility, 10 min: hip-flexor, hamstring, calf and glute stretches, 30 s per side each.
Tue	3 km easy jog	Core routine 5L after the run (about 10–15 min).
Wed	No run	Strength routine 5L (about 20 min).
Thu	3 km incl. 3 × 3 min at race effort	5 min brisk walk before and after. 10 min stretching.
Fri	Rest, or 20–30 min easy walk	Early night.
Sat	2 km easy jog	Core routine 5L (about 10–15 min).
Sun	4 km easy jog – LONGER RUN, easy	Walk 5 min, stretch, then a good breakfast.

Taper: less running so your legs are fresh on race day.

Week 12 • week of 28 Dec • Race week • 6 km + race

Day	Run / walk	Workout / core / recovery
Mon	Rest day	Mobility, 10 min.
Tue	2.5 km easy + 4 strides	Light core routine, about 10 min.
Wed	No run	20 min mobility only. Nothing new this week.
Thu	2 km very easy	Normal meals, plenty of water.
Fri	Rest (or 15 min walk)	Check kit, shoes and bib pins.
Sat	1.5 km easy shakeout, then collect your BIB	BIB collection: Nehru Stadium, 10 AM to 5 PM. Valid ID is mandatory. No bibs on race day. Sleep early.
Sun	RACE DAY: 5 KM Fitness Run	Report 5:30 AM, start 6:40 AM at Nehru Stadium. Start easy for the first kilometre.

Race week. Trust your training. Nothing new.

For the 5 KM Children's Run (below 15 years)

This 12-week plan is written for runners aged 15 and above. Children below 15 run the 5 KM Children's Run and should train in a lighter, play-based way under adult supervision:

- 2–3 active sessions a week of 20–40 minutes: running games, relay races, skipping, cycling or football all count.
- Build up to jogging 2–3 km with walk breaks by December. Walk breaks in the race are completely fine.
- No adult strength workouts. Bodyweight play such as hopping, jumping, climbing and bear crawls is enough.
- Water before and after activity, a good breakfast, and enough sleep.
- Stop and rest if your child has pain, feels dizzy or unwell. Check with your paediatrician if your child has a medical condition.
- Race day: report 5:30 AM, start 6:50 AM. BIB collection is on Saturday 2 January, 10 AM to 5 PM; parent/guardian consent and age proof may be required.

Register: <https://registration.eventforce.ai/event/80/yavatmal-health-marathon-2027-5th-edition>

Daily updates on WhatsApp: [Join the YHM WhatsApp group](#)

This is general guidance, not official YHM instructions or medical advice. If you have a medical condition, are new to exercise, or feel unwell, check with your doctor first. Official race information comes from the organisers.