



5KM Beginners Running Plan

	Cross train or rest	RUN 1	RUN 2	REST	RUN 3	REST	RUN 4
Week 1	30 mins easy	1k easy run	1k easy run	REST	2k easy	REST	2k
Week 2	30 mins easy	2k easy run	2k easy run	REST	2k easy	REST	3k
Week 3	30 mins easy	2k easy run	2k easy run	REST	3k easy	REST	3.5k
Week 4	30 mins easy	3k easy run	3k easy run	REST	3k easy	REST	4k
Week 5	30 mins easy	3k easy run	3k easy run	REST	3k easy	REST	4.5k
Week 6	35 mins easy	3k easy run	3k easy run	REST	4k easy	REST	5k
Week 7	35 mins easy	4k easy run	4k easy run	REST	2k easy	REST	RACE

Training runs: “Easy runs” should be a slow, steady and comfortable speed in an attempt to maintain your pace for the entire distance stated. Start with a brisk walk warm up for 5 minutes, then complete the distance stated (either continuous running or mixture of running and walking) and then allow 5 minutes cool down walk.

If you are starting as a walker building up to jogging then you may refer to the below running and walking schedule to build up slowly each week.

Cross train: Option to Cross train or rest depending on how your body feels (you may also easy run for time stated if preferred).

Cross training exercises are great for giving the body a break whilst still improving/maintaining fitness. Cycling, swimming, cross trainer etc.

Start building up on your long run. This is a comfortable pace. You should be able to still speak a few words when you are running – if you can't talk, you're going too fast! 😊



Walk/Running schedule

Week 1	Brisk walk warm up for 5 -10 minutes. Add intervals of 1 minute running followed by walking recoveries of 1 minute. Repeat until alloted time is over.
Week 2	Brisk walk warm up for 5 - 10 minutes. Add intervals of 2 minutes running followed by walking recovery 1 minute. Repeat until alloted time is over.
Week 3	Brisk walk warm up for 5 - 10 minutes. Add intervals of 3 minutes running followed by 2 minute recovery walking at brisk pace. Repeat until alloted time is over.
Week 4	Brisk walk warm up for 5 - 10 minutes. Add intervals 5 minutes of running followed by recovery walking at brisk pace for 2 minutes. Repeat for time stated
Week 5	Brisk walk warm up for 5 minutes. Running intervals of 8 minutes followed by recovery brisk walk for 2 minutes. Repeat for time stated
Week 6	Brisk walk warm up for 5 minutes. Running steady for 10 minutes followed by recovery brisk walk for 1-2 minutes. Repeat for time stated
Week 7	Brisk walk warm up for 5 minutes. Running steady for 12 minutes followed by recovery brisk walk for 1-2 minutes. Repeat for time stated

Start to add in the running sections (intervals) into your walks. Make sure you start slow to try and work up gradually to maintain your speed. You should still be able to talk during your running section so make sure you are not setting off too fast. If you find that you need longer to recover then take a few extra moments but try and stick to the intervals as best as possible. If you feel you can run for longer than the time stated then complete what you feel comfortable with and get back to me so we can tweak your plan (members only). It is always best to start off slower and build up than start increasing the exercise too quickly and resulting in possible injury or muscle soreness.