

5K IN 5 WEEKS TRAINING PLAN

WEEK 1 BEGINNING: MONDAY 11 DECEMBER

No matter how keen you are to get going, take it steady. You will never regret giving yourself a nice, gradual introduction to running! Give your body time to get used to this new challenge.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest	Walk 3 minutes, Jog 3 minutes – Repeat 3 times	Rest	Walk 2 minutes, Jog 4 minutes – Repeat 3 times	Rest	Walk 1 minute, Jog 5 minutes– Repeat 3 times	Rest

WEEK 2 BEGINNING: MONDAY 18 DECEMBER

You're now underway! Remember if you're new to running, it's all too easy to over work your body and risk injury or loss of motivation. So keep it fun and you'll start to reap the benefits!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Walk 2 minutes, Jog 6 minutes – Repeat 3 times	Rest	Walk 2 minutes, Jog 10 minutes – Repeat 2 times.	Rest	Jog 15 minutes, Walk 5 minutes, Jog 5 minutes	Rest	20 minutes of easy running.

WEEK 3 BEGINNING: MONDAY 25 DECEMBER

This block sees the time of the jogging intervals increasing further with short walking breaks. You are progressing nicely and should be starting to feel like a runner with your first 5k in sight.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest	Walk 1 minute, Jog 8 minutes – Repeat 3 times	Rest	Walk 2 mins, Jog 10 minutes – Repeat 2 times	15 minutes of easy running.	Rest	Walk 2 mins, Jog 15 minutes, Walk 2 mins, Jog 10 minutes

WEEK 4 BEGINNING: MONDAY 1 JANUARY

Not long until event day now! As you are feeling fitter you should be able to increase the pace of your jogs and run for longer and more comfortably.

* MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest	Walk 2 minutes, Jog 20 minutes, Walk 3 minutes, Jog 5 minutes	Rest	Walk 2 minutes, Jog 15 minutes – Repeat 2 times.	Rest	Rest	Jog 25 minutes, Walk 5 minutes

WEEK 5 BEGINNING: MONDAY 8 JANUARY

The week you've been waiting for has arrived! Week 5 sees you almost at peak fitness and you should be growing in confidence at the thought of tackling your 5km. This 5 week plan has hopefully been fun to complete and made you feel a fitter individual.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rest	Walk 1 minute, Jog 10 minutes – Repeat 3 times	Jog 25 minutes, Walk 5 minutes, Jog 5 minutes	Rest	Rest	Run 5k this weekend	Run 5k this weekend