

5K

BEGINNER | 5 WEEK TRAINING PLAN

GREATRUN.ORG



WEEK 1

Running in the wrong trainers could cause lower limb and foot problems like shin splints. A podiatrist can provide gait analysis to help improve your running performance and give impartial advice on footwear.

GAIT ANALYSIS

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.

MON	TUE	WED	THU	FRI	SAT	SUN
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

Physio and podiatry play an integral part in preventing and treating all foot and ankle complaints. Through proper assessment and the right treatment, usually specific exercises or orthoses, most conditions can be relieved and keep you running.

PHYSIO / PODIATRY

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!

MON	TUE	WED	THU	FRI	SAT	SUN
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

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.

MON	TUE	WED	THU	FRI	SAT	SUN
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



Simplyhealth

Active Plan

To help you reach your peak performance, our Active Plan has you covered.

From physiotherapy to gait analysis, we'll pay towards the costs to let you focus on being your personal best.



[simplyhealth.co.uk/active](https://www.simplyhealth.co.uk/active)

5K

BEGINNER | 5 WEEK TRAINING PLAN

GREATRUN.ORG



WEEK 4

Tension and toxins in your muscles can often cause pain. A professional sports massage can encourage blood and lymph flow throughout the body, preventing injury from muscle fatigue.

MASSAGE

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.

MON	TUE	WED	THU	FRI	SAT	SUN
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

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.

MON	TUE	WED	THU	FRI	SAT	SUN
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



Simplyhealth

Active Plan

To help you reach your peak performance, our Active Plan has you covered.

From physiotherapy to gait analysis, we'll pay towards the costs to let you focus on being your personal best.



[simplyhealth.co.uk/active](https://www.simplyhealth.co.uk/active)