

# 5K

BEGINNER | 12 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

Be sure to take it easy to starting out. Never train two days in a row as your body needs time to adjust. If you are starting your new regime on a Monday, rest on Tuesday, pick up the pace again on Wednesday, rest on Thursday and so on. Your training should be easy to begin with, no more than ten minutes walking each training day. Ten minutes walking on Monday, rest on Tuesday and so on. Rest on both Saturday and Sunday

## WEEK 2

Follow week one exactly, but on Friday walk for fifteen minutes. It may not seem like a lot but your body will notice the difference. Rest on both Saturday and Sunday.

## WEEK 3

Repeat Week 2. Of course at this point you might be tempted to challenge yourself even more but take it easy and stick to this plan.

## WEEK 4

This is the week where everything changes as walking and jogging intervals are introduced. Remember Rome wasn't built in a day so be sure to time these intervals and not do any more than recommended. This week is also the first in which you will be training weekends so you might need extra motivation.

MON	TUE	WED	THU	FRI	SAT	SUN
Rest	Walk 3 minutes, Jog 30 Seconds - Repeat 4 Times	Rest	Walk 3 minutes, Jog 30 Seconds - Repeat 4 Times	Rest	Walk 3 minutes, Jog 30 Seconds - Repeat 4 Times	Rest

## WEEK 5

The pace of training will increase slightly this week but on completion you will learn how capable you are see.

MON	TUE	WED	THU	FRI	SAT	SUN
Walk 2 minutes, Jog 1 Minute - Repeat 4 Times	Rest	Walk 2 minutes, Jog 1 Minute - Repeat 5 Times	Rest	Walk 2 minutes, Jog 1 Minute - Repeat 6 Times	Rest	Rest



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.



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## WEEK 6

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

The pace remains similar to last week so you should be ready.

MON	TUE	WED	THU	FRI	SAT	SUN
Rest	Walk 3 minutes, Jog 30 Seconds – Repeat 4 Times	Rest	Walk 3 minutes, Jog 30 Seconds – Repeat 5 Times	Rest	Walk 3 minutes, Jog 30 Seconds – Repeat 6 Times	Rest

## WEEK 7

You are now making progress but it is important not to get too carried away and put a strain on your body. Brisk walking will feel great and your body should start feel like it knows what it's doing!

MON	TUE	WED	THU	FRI	SAT	SUN
Walk 10 minutes	Rest	Walk 10 minutes	Rest	Walk 15 minutes	Rest	Rest

## WEEK 8

This is the week you will start to feel like a runner. The race is in sight and you have been working hard and progressing well. Jogging intervals are increased this week with walking breaks shorter.

MON	TUE	WED	THU	FRI	SAT	SUN
Rest	Walk 1 minute, jog 3 minutes – repeat 4 Times	Rest	Walk 1 minute, jog 3 minutes – repeat 5 Times	Rest	Walk 1 minute, jog 3 minutes – repeat 2 Times	Rest

## WEEK 9

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

This week you will jog your first distance so you need to persevere

MON	TUE	WED	THU	FRI	SAT	SUN
Rest	Walk 1 minute, Jog 4 minutes – repeat 4 Times	Rest	Walk 1 minute, Jog 4 minutes – repeat 5 Times	Rest	Rest	Walk 1 minute, Jog 2k, Walk 1 minute, Jog 1k



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## WEEK 10

MON	TUE	WED	THU	FRI	SAT	SUN
Walk 1 minute, Jog 5 minutes – Repeat 4 Times	Rest	Walk 1 minute, jog 5 minutes and repeat 5 times	Rest	Walk 15 minutes	Walk 1 minute, Jog 2k, Walk 30 seconds; Jog 1k	Rest

## WEEK 11

Jogging distance should be comfortable now and you are hopefully improving your time. Don't worry if this isn't the case, your body will be still adapting to the training. This week, the addition of a 3k jog will help you to see just how far you have come.

MON	TUE	WED	THU	FRI	SAT	SUN
Walk 1 minute, Jog 5 minutes – Repeat 4 Times	Rest	Walk 1 minute, jog 5 minutes and repeat 5 times	Rest	Walk 15 minutes	Walk 1 minute, Jog 2k, Walk 30 seconds; Jog 1k	Rest

## WEEK 12

MON	TUE	WED	THU	FRI	SAT	SUN
Rest	Walk 1 minute, Jog 8 minutes – repeat twice	Rest	Warm up, jog for 10 minutes, rest 1 minute, jog 10 minutes	Rest	Rest	Warm up, JOG or RUN 5km, cool down and enjoy the feeling!



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