

6-WEEK BEGINNER 5K TRAINING PLAN

MY PLEDGE: _____

MY TARGET TIME: _____

Our schedule is designed to fit around your timetable – change the order of the runs to suit your commitments. Just try to have a rest day between training sessions. Be flexible, but follow the plan’s principles of progression, overload and rest.

Make your training plan your own. Print it out, write in your target time and make a pledge – whatever it takes to help you stick to the plan.

- Tempo** Run at a challenging – but sustainable – pace.
- Fast** Push yourself to the highest pace you can.
- Easy** Run at a relaxed pace.
- Jog** Run at a slow pace.

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1 <i>Building time on feet</i>		30 mins brisk walking		10 mins brisk walking Jog 1 min Walk 2 min X 4 Reps 10 mins easy walking		10 mins brisk walking Jog 3 min Walk 2 min X4 Reps 10 mins Walking	
2 <i>Building time on feet</i>		40 mins brisk walking		10 mins brisk walking Jog 4 min Walk 2 min X5 Reps 10 mins brisk walking		10 mins brisk walking Jog 5 min Walk 5 min X2 Reps 10 mins easy walking	
3 <i>Consolidate your Running</i>		10 mins brisk walking; 5 min easy jog X3 Reps		10 mins brisk walking 6 Mins Easy Run 2 Mins Walk X3 Reps 10 mins brisk walking		10 mins brisk walking Easy jog 8 min Walk 4 min X2 Reps 10 mins walking	
4 <i>Run for longer</i>		5 mins brisk walking; 5 mins Easy Run X4 Reps		10 mins brisk walking 10 Mins Easy Run 5 Mins Walk X2 reps 10 mins easy walking		10 mins steady Walking 18 mins Easy Run 5 mins Walking 5 mins Easy Run 10 mins Easy Walk	
5 <i>Build your confidence</i>		10 min Easy Walk 15 mins Easy Run 10 mins Easy Walk		5 min walk 15 Mins Easy Run 5 Mins Walk X2 Reps 5 mins Easy Walk		5 min walk 20 Mins Easy Run 5 Mins Walk X2 Reps 5 mins Easy Walk	
6 <i>Prepare for the race</i>		5 mins walk 1 min Easy Run 1 mins Walk X 6 Reps 5 min walk		15 mins Easy Run		Race Day! Good Luck!	