

8 Week Beginners 5K training Programme

Starting Out

- Give your body the time it needs to develop an efficient and natural running style, and develop the habit of exercising regularly for 30 minutes at a time.
- This schedule is just a guide, you can vary the amount of time you run and walk to suit your fitness level e.g. run for 30sec, walk for 2½ minutes, or run for 90 sec, walk for 90 sec.
- If you have not run before, you will find that you will make large gains in progression and fitness but you are more at risk of injury or muscle soreness, don't push yourself too hard.
- Be economical and run with quick, light strides and a light, brisk arm action. Do not take strides that are too long or forceful at first, concentrate on continuous rhythmical movement and making a smooth transition from your brisk walking to your light jog and back down again.
- Keep your body upright with only a slight forward lean and hold your head up by looking at the road ahead. Breathing should be steady and rhythmical. Keep your perceived exertion at the moderate level of 6/10 when running.
- If you are getting breathless you need to ease back so that you can complete the full routine, it is the length of time that you exercise for that's important, not your speed. That comes later!

* Please note that days can be changed to fit in with your schedule

Week 1			
Day	Routine	Repeat	Total time
Monday			
Tuesday	Run 1 min, Walk 2 min	X6	18 min
Wednesday			
Thursday	Run 1 min, Walk 2 min	X6	18 min
Friday			
Saturday			
Sunday	Run 1 min, Walk 1 min	X 10	20 min

Week 2			
Monday			
Tuesday	Run 2 min, Walk 2-4 min	X5	20-30 min
Wednesday			
Thursday	Run 1 min, Walk 1 min	X 10	20 min
Friday			
Saturday			
Sunday	1 Mile run / walk - the measured mile challenge	Record time:	

Week 3			
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Monday			
Tuesday	Run 3 min, Walk 3 min	X4	24 min
Wednesday			
Thursday	Run 3 min, Walk 3 min	X4	24 min
Friday			
Saturday			
Sunday	Run 3 min, Walk 1-3min	X 5	20-25 min

Week 4

Monday			
Tuesday	Run 5 min, Walk 3 min	X3	24 min
Wednesday			
Thursday	Run 5 min, Walk 3 min	X3	24 min
Friday			
Saturday			
Sunday	Run 6 mins, Walk 2min	X3	24min

Week 5

Monday			
Tuesday	Run 7 min, Walk 2 min	X3	27 min
Wednesday			
Thursday	Run 7 min, Walk 2 min	X3	27 min
Friday			
Saturday	1 Mile run / walk / timed 5K (www.parkrun.com)	Record time	
Sunday			

Week 6

Monday			
Tuesday	Run 8 min, Walk 2 min	X3	30 min
Wednesday			
Thursday	Run 10 min, Walk 2 min	X2	24 min
Friday			
Saturday			
Sunday	1 Mile run continuous running, then 1 mile walk/run	Record time:	

Week 7			
Monday			
Tuesday	Run 12 min, Walk 2 min	X2	28 min
Wednesday			
Thursday	Run 12 min, Walk 2 min	X2	28 min
Friday			
Saturday			
Sunday	2 Mile run continuous running	Record time:	

Week 8			
Monday			
Tuesday	Run 15 min, Walk 1-3 min	X2	31-36 min
Wednesday			
Thursday	Run 15 min, Walk 1-3 min	X2	31-36 min
Friday			
Saturday			
Sunday	2 Mile run, then 1 Mile walk/run or 5 km fun run race		

Week 9			
Monday	15 min walk / light jog	X2	30 min
Tuesday			
Wednesday	5K YOUR WAY Event		
Thursday			
Friday			
Saturday	15 min walk / light jog	X2	30 min
Sunday			

Parkrun provide free, informal timed 5K events, taking place every Saturday morning across the UK. Go to www.parkrun.com for further information.



Good luck with your training! Remember that consistency is the key to achieving your goals and by improving gradually you can reach your personal targets. You can do it!