

# 5km Training Programme

‘A journey of a thousand miles, begins with a simple step’  
Lao Tzu

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## Key Points

- 1

If you're just beginning to train or returning after a injury then make sure you're healthy enough to begin increasing the amount of exercise you're going to do. If you're in any doubt, consult a doctor before you begin
- 2

Always start with a good 15min Warm Up and ensure you cool down afterwards
- 3

Always make sure you have a rest day between runs, even if you don't stick to the days stated in the programme.
- 4

During Interval Training Sessions, jog or run the running at a pace that feels comfortable
- 5

If you are finding the plan too easy, skip ahead a week. Equally, if it's too challenging, go back or repeat a week.

A New Beginning, A New You:

## Training Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Interval Training 20mins 1min Walk, 1min Run	Rest	Interval Training 20mins 1min Walk, 1min Run	Rest	Gym Workout	5km Walk	Rest
Week 2	Interval Training 24mins 1min Walk, 1min Run	Rest	Interval Training 24mins 1min Walk, 1min Run	Rest	Swimming	Interval Training 24mins 1min Walk, 2min Run	Rest
Week 3	Interval Training 30mins 1min Walk, 2min Run	Rest	Interval Training 30mins 1min Walk, 2min Run	Rest	40mins Walk	Interval Training 28mins 1min Walk, 3min Run	Rest
Week 4	Interval Training 32mins 1min Walk, 3min Run	Rest	Interval Training 32mins 1min Walk, 3min Run	Rest	Gym Workout	5km Brisk Walk / Jog	Rest
Week 5	Interval Training 36mins 1min Walk, 5min Run	Rest	Interval Training 36mins 1min Walk, 5min Run	Rest	Swimming	Interval Training 35mins 1min Walk, 6min Run	Rest
Week 6	Interval Training 36mins 1min Walk, 8min Run	Rest	Interval Training 36mins 1min Walk, 5min Run	Rest	40mins Walk	Interval Training 5km 2.5km Run, 2.5km Jog	Rest
Week 7	Interval Training 40mins 1min Walk, 9min Run	Rest	Interval Training 40mins 1min Walk, 9min Run	Rest	Gym Workout	Interval Training 39mins 1min Walk, 12min Run	Rest
Week 8	Interval Training 44mins 1min Walk, 10min Run	Rest	Interval Training 44mins 1min Walk, 10min Run	Rest	Interval Training 20mins 5min Walk, 10min Run	Rest	5km Run

### Notes:

### About The Programme

Five kilometres (3 miles) is the perfect race distance for a new runner - presenting a challenging but realistic goal. You'll be in the company of plenty of other first-timers in the average 5km event, so you won't feel intimidated or out of your depth.

This eight-week programme is designed to take you from a standing start to being able to run 5km comfortably. The 5km walk in week 1, the 5km walk/run in week 4 and the 2 x 2.5km session in week 6 are included to help you become familiar with your goal distance and to give you the confidence that you can make it to the finish line, however slowly.

Walking breaks are used to help ease you into running and to gradually extend the distance you cover and the time spent on your feet. This is a tried-and-tested technique for new runners. As you progress, the amount of running is increased and the number of walking bouts decreased, taking you progressively closer to continuous running.