

Week /Day	Mon	Tue	Wed	Thu	Fri	Sat	Sun
BEGINNERS 5K TRAINING GUIDE Target: From 0 to steady running in six weeks Pre-requisite: None 3-4 days per week							
1	20 minutes: walk 1 min, jog 1 min	Rest	20 min: walk 1 min, jog 1 min	Rest	20 min: walk 1 min, jog 1 min	Rest	Cycle or Long walk (>30mins)
2	20 min: walk 1 min, jog 2 mins	Rest	20 min: walk 1 min, jog 2 mins	Rest	20 min: walk 1 min, jog 3 min	Rest	Cycle or Long walk (>40mins)
3	20 min: walk 1 min, jog 4 mins	Rest	10 min jog followed by 10 min walk	Rest	5 min jog, 3 min walk, repeat 2 more times	Rest	Long walk (>45mins)
4	12 min jog followed by 12 min walk	Rest	8 min jog, 1 min walk, then repeat	Rest	15 min jog	Rest	40 min: jog 2 min, walk 1 min
5	20 min jog	Rest	3 x 5 min run, 1 min walk in between	Rest	25 min jog	Rest	25 min run
6	20 min steady	Rest	2 x 10 min faster run, 3 min jog in between	Rest	Easy 20 min	Rest	5k run

Terminology

Easy runs should be just that - EASY! Realistically, they should not be much faster than jogging. Long runs are about building time on your feet while shorter runs are about recovery. The main purpose of these runs are to educate muscles, burn fat and utilise oxygen.

Steady running is slightly faster but remain relaxed and you should comfortably be able to maintain a conversation.

Pace runs are not flat out but a good strong run where you will be slightly out of breath. Ideally, these should be run at 85% of you maximum and this can be achieve with the use of a heart rate monitor. You should not be able to hold a full conversation at this pace. These runs will increase the overall pace of your running.

Repetition work will place your body under even greater stress but this is where you will reap the rewards come race day. These higher intensity sessions are great workouts for the heart and lungs.