



5km beginner plan

Week 1 - Getting started

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Walk/Jog	Rest	Rest	Rest	Walk/Jog	Rest	Rest
Session Details	Aim to walk/jog for 10mins.				Aim to walk/jog for 10mins.		
Focus	Move at a pace where you could still have a conversation.				Move at a pace where you could still have a conversation.		

Week 2 - Building confidence

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Walk/Jog	Rest	Walk/Jog	Rest	Rest	Rest	Walk/Jog
Session Details	Aim to walk/jog for 10mins.		Aim to walk/jog for 10mins.				Aim to walk/jog for 10mins.
Focus	Take it easy, focus on building up the amount of time you jog during the 10mins.		Try a different route, or go off-road to mix it up.				Your 3rd run this week! Take it easy and build up the amount of time you jog during the 10mins.

Week 3 - Extending jogging time

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Walk/Jog	Rest	Walk/Jog	Rest	Rest	Walk/Jog
Session Details		Aim to walk/jog for 10mins.		Aim to walk/jog for 10mins.			Aim to walk/jog for 15mins.
Focus		Move at a pace where you could still have a conversation.		Stay relaxed as you begin to build up training volume.			Move at a pace where you could still have a conversation.

Week 4 - Building time and distance

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Jog	Rest	Walk/Jog	Rest	Rest	Walk/Jog
Session Details		Aim to jog for 10mins.		Aim to walk/jog for 10mins.			Aim to walk/jog for 15mins.
Focus		Keep moving and try to jog for the whole 10mins.		Move at a pace where you could still have a conversation.			Find an undulating route with lots of little challenges.

Week 5 - Building time and distance

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Rest	Jog	Rest	Walk/Jog	Rest	Jog
Session Details			Aim to jog for 10mins.		Aim to walk/Jog for 15mins.		Jog for 15mins.
Focus			Take it easy and jog for the whole 10mins.		Move at a pace where you could still have a conversation.		Jog for the whole 15mins.

Week 6 - Recovery and consolidation

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Jog	Rest	Jog	Rest	Rest	Jog
Session Details		Jog for 10mins.		Jog for 15mins.			Jog for 10mins.
Focus		Take it easy and jog for the whole 10mins.		Stay at a steady pace and focus on the duration.			Stay relaxed and enjoy it!

Week 7 - Stepping up a level

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Jog	Rest	Jog	Rest	Rest	Walk/Jog
Session Details		Jog for 10mins.		Jog for 15mins.			Jog for 20mins.
Focus		Easy pace, stay relaxed.		Jog for the whole 15mins.			Keep moving and jog as much as you can during the 20mins.

Week 8 - Stepping up a level

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Jog	Rest	Jog	Rest	Rest	Jog
Session Details		Jog for 15mins.		Jog for 15mins.			Jog for 20mins.
Focus		Find an undulating route with lots of little challenges.		Easy pace, stay relaxed.			Jog for the whole 20mins.

Week 9 - Longer runs

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Jog	Rest	Rest	Jog	Rest	Jog
Session Details		Jog for 15mins.			Jog for 15mins.		Jog for 25mins.
Focus		Easy pace, stay relaxed.			Easy pace, stay relaxed.		Take it easy, build up to the 25mins and keep moving.

Week 10 - Longer runs

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Rest	Jog	Rest	Jog	Rest	Jog
Session Details			Jog for 20mins.		Jog for 15mins.		Jog for 30mins.
Focus			A longer mid-week session, take it easy and keep moving.		Easy pace, stay relaxed.		Stay at a steady pace and focus on the duration.

Week 11 - Reaching your peak

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Jog	Rest	Jog	Rest	Rest	Jog
Session Details		Jog for 15mins.		Jog for 20mins.			Jog for 30mins.
Focus		Easy pace, stay relaxed.		Easy pace, stay relaxed.			Last long training run, keep the pace steady.

Week 12 - Event week!

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session Type	Rest	Jog	Rest	Jog	Rest	Rest	Event day
Session Details		Jog for 10mins.		Jog for 15mins.			Today is the day!
Focus		The event is this week so jog at an easy pace and stay relaxed.		Easy pace, stay relaxed			Stay relaxed and enjoy the day. You've come so far in such a short time, well done!