



5 WEEKS TO 5K

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
MONDAY	REST DAY OR CROSS-TRAIN	REST DAY OR CROSS-TRAIN	REST DAY OR CROSS-TRAIN	REST DAY OR CROSS-TRAIN	REST DAY OR CROSS-TRAIN
TUESDAY	RUN 1 MIN, WALK 1 MIN (REPEAT X 10)	RUN 3 MIN, WALK 3 MINS (REPEAT X 5)	RUN 7 MIN, WALK 2 MIN (REPEAT X 3)	RUN 12 MIN, WALK 2 MIN (REPEAT X 2)	RUN 15 MIN, WALK 2 MIN (REPEAT X 2)
WEDNESDAY	REST DAY OR CROSS-TRAIN	REST DAY OR CROSS-TRAIN	REST DAY OR CROSS-TRAIN	REST DAY OR CROSS-TRAIN	REST DAY OR CROSS-TRAIN
THURSDAY	WALK 4 MIN, RUN 2 MIN (REPEAT X 5)	WALK 2 MIN, RUN 4 MIN (REPEAT X 4)	WALK 2 MIN, RUN 8 MIN (REPEAT X 3)	WALK 1 MIN, RUN 9 MIN (REPEAT X 3)	WALK 2 MIN, RUN 8 MIN (REPEAT X 3)
FRIDAY	REST DAY OR CROSS-TRAIN	REST DAY OR CROSS-TRAIN	REST DAY OR CROSS-TRAIN	REST DAY OR CROSS-TRAIN	REST DAY OR CROSS-TRAIN
SATURDAY	RUN 3 MIN, WALK 3 MIN (REPEAT X 4)	RUN 5 MINS, WALK 3 MIN (REPEAT X 3)	RUN 10 MINS, WALK 2 MIN (REPEAT X 3)	RUN 8 MIN, WALK 2 MIN (REPEAT X 3)	RUN 10 MIN, WALK 2 MINS (REPEAT X 3)
SUNDAY	REST DAY OR CROSS-TRAIN	REST DAY OR CROSS-TRAIN	REST DAY OR CROSS-TRAIN	REST DAY OR CROSS-TRAIN	<u>YOUR 5K RACE DAY!</u>



TRAINING PLAN ADVICE

1. THIS GUIDE IS DESIGNED TO GET YOU ROUND A 5K **COMFORTABLY**, WITH A FEW SHORT WALK BREAKS.
2. THE DAYS OF THE WEEK INCLUDED ARE JUST A GUIDE, DON'T LET THE PLAN DICTATE YOUR LIFE – **MAKE IT WORK** AROUND YOUR SCHEDULE!
3. IT IS IMPORTANT TO TAKE **REST DAYS** – THIS IS WHEN YOUR BODY RECOVERS FROM TRAINING AND GETS STRONGER.
4. IF YOU ENJOY OTHER ACTIVITIES INCLUDE THEM AS **CROSS-TRAINING ON SOME REST DAYS**, BUT LISTEN TO YOUR BODY AND REST WHEN YOU NEED TO!
5. STRETCHING AND **WARM-UPS** ARE VITAL TO AVOID INJURY. STRETCHING AFTER A RUN HELPS WITH COOLING DOWN AND IMPROVES FLEXIBILITY.
6. SUITABLE CLOTHING, UNDERWEAR AND FOOTWEAR IS ESSENTIAL FOR **BEING COMFORTABLE** AND AVOIDING INJURY.
7. STAYING **HYDRATED** IS VITAL. TAKE REGULAR SIPS OF WATER AROUND YOUR RUNNING BUT BE CAREFUL NOT TO DRINK TOO MUCH.
8. **EAT WELL** IN THE DAYS LEADING UP TO THE RACE AND AVOID ALCOHOL OR UNHEALTHY SNACKS.
9. IF YOU CAN ALREADY COMFORTABLY RUN FOR 30 MINUTES, LOOK AT HOW LONG THE SESSIONS ARE IN MINUTES AND USE THEM AS A GUIDE TO THE AMOUNT OF **TIME ON YOUR FEET** YOU SHOULD AIM FOR WHILST TRAINING.
10. IF YOU DON'T NEED WALKING BREAKS, CONSIDER A **MIX OF EASY JOGGING AND FASTER BURSTS** OF EFFORT INSTEAD FOR SOME BUT NOT ALL SESSIONS.