



5K TRAINING PLAN

Starting from scratch? A 5k is an accessible intro to organised, timed running. Before you know it, you'll be bitten by the running bug. But training is key - check out our beginner 5k plan and take the first step today.

5K BEGINNER

12 WEEK TRAINING PLAN

WEEK 1

Be sure to take it easy to starting out. Never train two days in a row as your body needs time to adjust. If you are starting your new regime on a Monday, rest on Tuesday, pick up the pace again on Wednesday, rest on Thursday and so on. Your training should be easy to begin with, no more than ten minutes walking each training day. Ten minutes walking on Monday, rest on Tuesday and so on Rest on both Saturday and Sunday

WEEK 2

Follow week one exactly, but on Friday walk for fifteen minutes. It may not seem like a lot but your body will notice the difference. Rest on both Saturday and Sunday.

WEEK 3

Repeat Week 2. Of course at this point you might be tempted to challenge yourself even more but take it easy and stick to this plan.

WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	4 x (Walk 3 min, Jog 30 sec)	REST	4 x (Walk 3 min, Jog 30 sec)	REST	4 x (Walk 3 min, Jog 30 sec)	REST

WEEK 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4 x (Walk 2 min, Jog 1 min)	REST	5 x (Walk 2 min, Jog 1 min)	REST	6 x (Walk 2 min, Jog 1 min)	REST	REST

WEEK 6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	4 x (Walk 3 min, Jog 30 sec)	REST	5 x (Walk 3 min, Jog 30 sec)	REST	6 x (Walk 3 min, Jog 30 sec)	REST

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WEEK 7

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Walk for 10 minutes	REST	Walk for 10 minutes	REST	Walk for 15 minutes	REST	REST

WEEK 8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	4 x (Walk 1 min, Jog 3 min)	REST	5 x (Walk 1 min, Jog 3 min)	REST	2 x (Walk 1 min, Jog 3 min)	REST

WEEK 9

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	4 x (Walk 1 min, Jog 4 min)	REST	5 x (Walk 1 min, Jog 4 min)	REST	REST	Walk 1 minute, Jog 2k, Walk 1 minute, Jog 1k

WEEK 10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4 x (Walk 1 min, Jog 5 min)	REST	5 x (Walk 1 min, Jog 5 min)	REST	Walk 15 minutes	Walk 1 minute, Jog 2k, Walk 30 seconds; Jog 1k	REST

WEEK 11

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4 x (Walk 1 min, Jog 5 min)	REST	5 x (Walk 1 min, Jog 5 min)	REST	Walk 15 minutes	Walk 1 minute, Jog 2k, Walk 30 seconds; Jog 1k	REST

WEEK 12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST	2 x (Walk 1 min, Jog 8 min)	REST	Warm up, jog for 10 min, rest 1 min, jog 10 min.	REST	REST	Run or Jog 5K this weekend.

GREAT RUN / **COUCH TO**
SOLO / **5K**

**DO YOU THINK
RUNNING IS NOT FOR
YOU? THINK AGAIN!**

Gradually build your way to a 5k in 9 weeks with the Great Run Solo Couch to 5k Challenge and earn yourself a medal.

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