

5KM BEGINNER TRAINING PROGRAM

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Rest	Run – 24 mins as: 4 x (4 mins jog / 2 mins walk) OR 24 mins continuous	Rest	Run – 20 mins as: 4 x (4 mins jog / 1 mins walk) OR 20 mins continuous	Rest	Run – 25 mins as: 5 x (4 mins jog / 1 mins walk) OR 25 mins continuous	Rest
2	Rest	Run – 24 mins as: 4 x (5 mins jog / 1 mins walk) OR 24 mins continuous	Rest	Run – 18-21mins as: 3 x (6 mins jog / 1 mins walk) OR 18 mins continuous	Rest	Run – 24-28mins as: 4 x (6 mins jog / 1 mins walk) OR 24 mins continuous	Cross training (optional)
3	Rest	Run – 20 mins as: 4 x (4 mins jog / 1 mins walk) OR 20 mins continuous	Rest	Run – 16 mins as: 2 x (7 mins jog / 1 mins walk) OR 16 mins continuous	Rest	Run – 20 mins as: 4 x (4 mins jog / 1 mins walk) OR 20 mins continuous	Rest
4	Rest	Run – 28 mins as: 4 x (6 mins jog / 1 mins walk) OR 28 mins continuous	Rest	Run – 24 mins as: 3 x (7 mins jog / 1 mins walk) OR 24 mins continuous	Rest	Run – 30 mins as: 5 x (5 mins jog / 1 mins walk) OR [negative split] 30 mins continuous, (15 mins out at 5/10, try to run back faster at 7/10)	Rest
5	Rest	Run – 32 mins as: 4 x (7 mins jog / 1 mins walk) OR 32 mins continuous	Rest	Run – 27 mins as: 3 x (8 mins jog / 1 mins walk) OR 27 mins continuous	Rest	Run – 30 mins as: 3 x (9 mins jog / 1 mins walk) OR 30 mins continuous, (15 mins out at 5/10, try to run back faster at 7/10)	Rest
6	Rest	Run – 24 mins as: 3 x (7 mins jog / 1 mins walk) OR 24 mins continuous	Rest	Run – 20 mins as: 2 x (9 mins jog / 1 mins walk) OR 20 mins continuous	Rest	Run – 28 mins as: 4 x (6 mins jog / 1 mins walk) OR 28 mins continuous	Rest
7	Rest	Run – 27 mins as: 3 x (8 mins jog / 1 mins walk) OR 27 mins as: 10 mins warm up, 6 x 30 sec at 6/10 [perceived effort], with 90 sec rest b/w, 5 mins easy	Rest	Run – 27-30 mins as: 3 x (9 mins jog / 1 mins walk) OR 27 mins continuous	Rest	Run – 22 mins as: 2 x (10 mins jog / 1 mins walk) OR 22 mins as: 5 mins at 4/10, 5 mins at 5/10, 5 mins at 6/10, 5 mins at 7/10, 2 mins at 4/10	Rest
8	Rest	Run – 33 mins as: 3 x (10 mins jog / 1 mins walk) OR 33 mins as: 10 mins at 5/10, 7 x (1 min at 7/10, 1 min at 5/10), 9 mins at 5/10	Rest	Run – 36 mins as: 3 x (11 mins jog / 1 mins walk) OR 36 mins continuous	Rest	Run – 25-26 mins as: 2 x (12 mins jog / 1 mins walk) OR 25 mins as: 5 mins at 5/10, 5 mins at 7/10, 5 mins at 5/10, 5 mins at 7/10, 5 mins at 5/10	Rest
9	Rest	Run – 39 mins as: 3 x (12 mins jog / 1 mins walk) OR 39 mins as: 10 mins at 5/10, 9 x (1 min at 7/10, 1 min at 5/10), 11 mins at 5/10	Rest	Run – 33 mins as: 3 x (10 mins jog / 1 mins walk) OR 33 mins continuous	Rest	Run – 30-32 mins as: 2 x (14 mins jog / 1 mins walk) OR 30 mins as: 5 mins at 5/10, 5 mins at 8/10, 5 mins at 5/10, 5 mins at 8/10, 5 mins at 5/10, 5 mins at 8/10, 2 mins easy walk	Rest
10	Rest	Run – 30 mins as: 3 x (9 mins jog / 1 mins walk) OR 25 mins as: 5 mins at 5/10, 5 x (1 mins at 8/10, 1 min at 5/10), 10 mins at 5/10	Rest	Run – 20 mins as: 4 x (4 mins jog / 1 mins walk) OR 20 mins continuous	Rest	Run – 15-16 mins as: 2 x (7 mins jog / 1 min walk) OR 15 mins as 5 mins at 5/10, 5 x (30 sec at 8/10, 30 sec at 5/10), 5 mins at 5/10 (or do Friday)	Run Melbourne, presented by The Age