BEGINNER
Training Program

Week 1

The first week of any training program is crucial – here you start to build the blocks of perseverance, consistency, and confidence.

Physically and mentally, the first week of a program is usually the hardest.
But trust us, it gets easier from here!

- ☐ **Monday** Rest day
- ☐ **Tuesday** 6 x 3 min @ 75% effort, with 2 min very easy run or walk recovery **= Total 30 min**
- ☐ **Wednesday** 5 min walk + 10 min run (with 1 min walk/1 min @ 75% effort) + 5 min walk **= Total 20 min**
- ☐ **Thursday** Rest day
- ☐ **Friday** 3–4 x 1km @ 5K run pace with 3 min walk recovery
- ☐ **Saturday** 30–40 min walk
- ☐ **Sunday** 25 min easy run + 15 min of (2 min walk then 3 min run) **= Total 40 min**

Awesome job – you've just finished your first week of training!

Week 2

Getting into this routine, with regular exercise and familiar stimuli applied to your body, is going to help you stay consistent. Your body will start adapting as you become a better runner.
Keep at it!

- ☐ **Monday** Rest day
- ☐ **Tuesday** 10 min walk + (3 min @ 75% effort, 3 min walk recovery x 3) **= Total 28 min**
- ☐ **Wednesday** 15 min easy run + 15 min walk **= Total 30 min**
- ☐ **Thursday** Rest day
- ☐ **Friday** 20 min easy run + 20 min walk **= Total 40 min**
- ☐ **Saturday** 20–30 min walk
- ☐ **Sunday** 15 min easy run + 15 min of (2 min walk then 3 min run) **= Total 30 min**

You're halfway there. You can totally do this!

Week 3

Now entering halfway of the program, **we're starting to get a little more serious** with higher intensity workouts. This will help bring down your time for your 5K by getting used to running at faster speeds.

After getting through this week you should start to feel fitter and more confident about being able to cover the 5K distance. Set yourself a goal time that you'd like to complete the 5K in – write it down somewhere that you'll see it daily to keep yourself motivated.

- ☐ **Monday** Rest day
- ☐ **Tuesday** 3 x 5 min @ 75% effort, with either 5 min very easy run or walk recovery **= Total 30 min**
- ☐ **Wednesday** 15–20 min easy run + 15–20 min walk **= Total 30–40 min**
- ☐ **Thursday** Rest day
- ☐ **Friday** 6 x 3 min @ 75% effort, with 2 min very easy run or walk recovery **= Total 30 min**
- ☐ **Saturday** 30–40 min walk
- ☐ **Sunday** Rest day

Keep on track!

Week 4

Crunch time! This is the most challenging week of the program, but once you finish your 5K run, you'll look back and think 'Wow! I've come so far in just one month!'

- ☐ **Monday** 3–4 x 1km @ 5K run pace with 3 min walk recovery
- ☐ **Tuesday** 20 min easy run + 15 min of (2 min walk then 3 min run) **= Total 35 min**
- ☐ **Wednesday** Rest day
- ☐ **Thursday** 5 min walk + 10 min run (with 1 min walk/1 min @ 75% effort) + 5 min walk **= Total 20 min**
- ☐ **Friday** 25 min easy run + 15 min of (2 min walk then 3 min run) **= Total 40 min**
- ☐ **Saturday** Rest day
- ☐ **Sunday** **Virtual Run Week begins!** If you're not completing your run today, take an easy 30 min run to keep up the movement.

Congratulations! You finished your training and are ready to run. Good luck!