



Beginner Walk to Run 5km

This programme is for you if you want to take part in a 5km parkrun or organised race. Whether you're new to running or returning to running, this programme has the perfect mix of walking and running activities to help you achieve your goal, or just to help you get fit!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	REST	Run 1 min, Walk 2 mins Repeat 6 times	REST	Run 1 min, walk 2 mins Repeat 6 times	REST	Run 1 min, walk 1 min Repeat 10 times	REST
WEEK 2	REST	Run 2 min, walk 2 to 4 mins Repeat 5 times	REST	Run 1 min, walk 1 mins Repeat 10 times	REST	Run/Walk 1.5km (little less than 1 mile)	REST
WEEK 3	REST	Run 3 min, walk 3 mins Repeat 4 times	REST	Run 3 min, walk 3 mins Repeat 4 times	REST	Run 3 mins, walk 1-3 mins Repeat 5 times	REST
WEEK 4	REST	Run 5 min, walk 3 mins Repeat 3 times	REST	Run 5 min, walk 3 mins Repeat 3 times	REST	Run/Walk 1.5KM Try it twice	REST
WEEK 5	REST	Run 7 min, walk 2 mins Repeat 3 times	REST	Run 7 min, walk 2 mins Repeat 3 times	REST	Run 8 mins, walk 2 mins Repeat 3 times	REST
WEEK 6	REST	Run 8 min, walk 2 mins Repeat 3 times	REST	Run 10 min, walk 2 mins Repeat 2 times	REST	Run/Walk 3km	REST
WEEK 7	REST	Run 12 min, walk 2 mins Repeat 2 times	REST	Run 12min, walk 2 mins Repeat 2 times	REST	Run 3Km (just under 2 miles)	REST
WEEK 8	REST	Run 15 min, walk 1- 3 mins Repeat 2 times	REST	Run 15 min, walk 1- 3 mins Repeat 2 times	REST	RACE OR PARKRUN DAY!	REST

Running Log:

An opportunity for you to log progress over the duration of the training programme; recording successes will boost your confidence, whilst noting difficult sessions and why will allow you to develop in the future.

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EXAMPLE	<i>Found I had lots of energy today</i>	<i>Tired today, completed session – pleased with that</i>				<i>Ran with my social group today – was good to train with others</i>	<i>Hamstrings tight, nice to stretch</i>
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							
WEEK 5							
WEEK 6							
WEEK 7							
WEEK 8						RACE DAY	