



Beginner 5km programme

This running programme is for you if you'd like to run 5km as part of an organised race or simply to challenge yourself. It's a great way to get you started if you're not a regular runner. And even if you don't have an event in mind, it will help you increase your fitness.

One kilometre is approximately equivalent to 0.6 miles. For this training programme, distances in miles have been rounded to the nearest whole number for simplicity.

	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	Rest	Run 1 min, walk 1 min. Repeat 10 times
Week 2	Rest	Run 2 mins, walk 2 to 4 mins. Repeat 5 times	Rest	Run 1 min, walk 1 min. Repeat 10 times	Rest	Rest	Run/walk 1.5km (a little less than 1 mile)
Week 3	Rest	Run 3 mins, walk 3 mins. Repeat 4 times	Rest	Run 3 mins, walk 3 mins. Repeat 4 times	Rest	Rest	Run 3 mins, walk 1 to 3 mins. Repeat 5 times
Week 4	Rest	Run 5 mins, walk 3 mins. Repeat 3 times	Rest	Run 5 mins, walk 3 mins. Repeat 3 times	Rest	Rest	Run/walk 1.5km (a little less than 1 mile) Try to repeat
Week 5	Rest	Run 7 mins, walk 2 mins. Repeat 3 times	Rest	Run 7 mins, walk 2 mins. Repeat 3 times	Rest	Rest	Run 8 mins, walk 2 mins. Repeat 3 times
Week 6	Rest	Run 8 mins, walk 2 mins. Repeat 3 times	Rest	Run 10 mins, walk 2 mins. Repeat 2 times	Rest	Rest	Run/walk 1.5km (a little less than 1 mile) Run/walk 1.5km
Week 7	Rest	Run 12 mins, walk 2 mins. Repeat 2 times	Rest	Run 12 mins, walk 2 mins. Repeat 2 times	Rest	Rest	Run 3km (a little less than 2 miles)
Week 8	Rest	Run 15 mins, walk 1 to 3 mins. Repeat 2 times	Rest	Run 15 mins, walk 1 to 3 mins. Repeat 2 times	Rest	Rest	5km RACE

