



Beginners 5km Schedule

This schedule aims to progress beginners from zero to steady running within six weeks. If in any doubt always seek medical advice prior to starting any exercise programme.

<u>WEEK 1</u>	<u>WEEK 2</u>	<u>WEEK 3</u>
Monday 20 mins: walk 1min, jog 1 min	Monday 20 mins: walk 1min, jog 2 min	Monday 20 mins: walk 1min, jog 4 min
Tuesday Rest	Tuesday Rest	Tuesday Rest
Wednesday 20 mins: walk 1min, jog 1 min	Wednesday 20 mins: walk 1min, jog 2 min	Wednesday 10 mins jog + 10 min walk
Thursday Rest	Thursday Rest	Thursday Rest
Friday 20 mins: walk 1min, jog 1 min	Friday 20 mins: walk 1min, jog 3 min	Friday 2 x 5 min jog + 3 min walk
Saturday Rest	Saturday Rest	Saturday Rest
Sunday Cycle or long walk (> 30 mins)	Sunday Cycle or long walk (> 40 mins)	Sunday 40 mins: jog 2 min, walk 1 min

WEEK 4

Monday
12 mins jog + 12 mins walk

Tuesday
Rest

Wednesday
2 x (8 mins jog + 1 min walk)

Thursday
Rest

Friday
15 mins jog

Saturday
Rest

Sunday
40 mins: jog 2 min, walk 1 min

WEEK 5

Monday
20 mins jog

Tuesday
Rest

Wednesday
3 x 5 mins run 1 min walk between

Thursday
Rest

Friday
25 mins jog

Saturday
Rest

Sunday
25 mins run

WEEK 6

Monday
20 mins steady run

Tuesday
Rest

Wednesday
Rest

Thursday
Rest

Friday
20 mins easy run

Saturday
Rest

Sunday
5km Run