

4 Week

5km Running Plan

(Beginner Level)

Week 1

MON	TUES	WED	THU	FRI	SAT	SUN
Jog / Run 5-8 minutes Walk 1 minute Repeat	REST DAY	Jog / Run 8-10 minutes Walk 1 minute Repeat	REST DAY	REST DAY	Jog / Run 10-12 minutes Walk 1 minute Repeat	REST DAY

Week 2

MON	TUES	WED	THU	FRI	SAT	SUN
Jog / Run 12-15 minutes Walk 1 minute Repeat	REST DAY	Jog / Run 15 minutes Walk 1 minute Jog / Run 10 minutes	REST DAY	REST DAY	Jog / Run 15-20 minutes Walk 1 minute Jog / Run 8-10 minutes	REST DAY

Week 3

MON	TUES	WED	THU	FRI	SAT	SUN
Jog / Run 20 minutes Walk 1 minute Jog / Run 5-10 minutes	REST DAY	Jog / Run 25 minutes	REST DAY	REST DAY	Jog / Run 25-30 minutes	REST DAY

Week 4

MON	TUES	WED	THU	FRI	SAT	SUN
Jog / Run 25-30 minutes	REST DAY	Jog / Run 30 minutes	REST DAY	Jog 20 minutes	REST DAY	EVENT DAY JOG / RUN YOUR EVENT AND HAVE FUN

This plan has been designed for:

People with no running experience, but have been active over the past 3 months (eg. regular walks)

If this isn't you, perhaps try one of our walking plans.

