



5km Training Plan: Beginner

This 5km plan is designed for someone who is new to running and would like to finish a 5km in 12 weeks. This plan is all about setting a great base for your running moving forwards. We'll do 2 to 3 run / walk session a week, with rest days designed to let the body absorb the training you are doing.

It's important that you run at the right effort level and intensity to ensure you're training to reach your full potential. Most people think that training "harder is better" so we end up running too quickly, which can result in feeling tired, getting ill or picking up an injury. Understanding what each session is trying to achieve and how it should feel is the way to train smart. Here's our guide to the running sessions that you'll find mentioned in your training plan and a note of how they should feel as a 'talk test'.

Type of Session	PERCEIVED EFFORT LEVEL (1-10)*	HOW IT SHOULD FEEL - "THE TALK TEST"
Brisk Walk	5-6	You can speak in complete sentences, totally conversational, you're moving relaxed, enjoying being outside but getting a bit of a sweat on.
Easy Run	6-6.5	You can speak in complete sentences, totally conversational, you're running relaxed, enjoying it and not worrying about the watch
Easy Cross Training (Gym Class)	6-7	We have plenty of cross training in the plan, it enables us to get the cardiovascular gains without the impact of running. Please use gym classes if you want to, just aim for Easy / Steady Effort level so it compliments the running you are doing.
Long Run	6.5-7	You're in control, running fluidly and very much at a conversational level but you'll feel slightly flushed with a gradual build up of muscular fatigue. We recommend trying some run / walk intervals

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Week 1	Rest Day	25 minutes Brisk Walk	Rest Day	5 minutes Brisk Walk Warm Up, 10 x (30 seconds Run, 60 seconds Brisk Walk), 5 minutes Brisk Walk Cool Down	Rest Day	Rest Day	45 minutes Brisk Walk, ideally off road.
Week 2	Rest Day	5 minutes Brisk Walk Warm Up, 10 x (30 seconds Run, 30 seconds Brisk Walk), 5 minutes Brisk Walk Cool Down	Rest Day	Rest Day	5 minutes Brisk Walk Warm Up, 5 x (60 seconds Run, 60 seconds Brisk Walk), 5 minutes Brisk Walk Cool Down	Rest Day	55 minutes Brisk Walk, ideally off road.
Week 3	Rest Day	30 minutes Brisk Walk	Rest Day	5 minutes Brisk Walk Warm Up, 15 x (30 seconds Run, 60 seconds Brisk Walk), 5 minutes Brisk Walk Cool Down	Rest Day	Rest Day	60 minutes Brisk Walk, ideally off road.
Week 4	Rest Day	5 minutes Brisk Walk Warm Up, 10 x (30 seconds Run, 30 seconds Brisk Walk), 5 minutes Brisk Walk Cool Down	Rest Day	5 minutes Brisk Walk Warm Up, 8 x (45 seconds Run, 15 seconds Brisk Walk), 5 minutes Brisk Walk Cool Down	Rest Day	Rest Day	15 minutes Brisk Walk, 10 x (1 minutes Run, 1 minute Walk), 15 minutes Brisk Walk
Week 5	Rest Day	45 minutes Brisk Walk	30 minutes Conditioning Work	5 minutes Brisk Walk Warm Up, 10 x (45 seconds Run, 15 seconds Brisk Walk), 5 minutes Brisk Walk Cool Down	Rest Day	Rest Day	60 minutes Brisk Walk, ideally off road.
Week 6	Rest Day	5 minutes Brisk Walk Warm Up, 8 x (45 seconds Run, 15 seconds Brisk Walk), 5 minutes Brisk Walk Cool Down	30 minutes Conditioning Work	Rest Day	5 minutes Brisk Walk Warm Up, 6 x (60 seconds Run, 60 seconds Brisk Walk), 5 minutes Brisk Walk Cool Down	Rest Day	15 minutes Brisk Walk, 10 x (1 minutes Run, 1 minute Walk), 15 minutes Brisk Walk

Week 7	Rest Day	40 minutes Easy Cross Training	30 minutes Conditioning Work	5 minutes Brisk Walk Warm Up, 4 x (2 minutes Run, 60 seconds Brisk Walk), 5 minutes Brisk Walk Cool Down	Rest Day	Rest Day	15 minutes Brisk Walk, 15 x (1 minutes Run, 1 minute Walk), 15 minutes Brisk Walk
Week 8	Rest Day	5 minutes Brisk Walk Warm Up, 10 x (50 seconds Run, 10 seconds Brisk Walk), 5 minutes Brisk Walk Cool Down	30 minutes Conditioning Work	Rest Day	45 minutes Brisk Walk	Rest Day	70 minutes Brisk Walk, ideally off road.
Week 9	Rest Day	45 minutes Easy Cross Training	30 minutes Conditioning Work	5 minutes Brisk Walk Warm Up, 10 x (60 seconds Run, 60 seconds Brisk Walk), 5 minutes Brisk Walk Cool Down	Rest Day	Rest Day	15 minutes Brisk Walk, 8 x (2 minutes Run, 1 minute Walk), 15 minutes Brisk Walk
Week 10	Rest Day	5 minutes Brisk Walk Warm Up, 10 x (50 seconds Run, 10 seconds Brisk Walk), 5 minutes Brisk Walk Cool Down	30 minutes Conditioning Work	30 minutes Easy Cross Training	5 minutes Brisk Walk Warm Up, 6 x (2 minutes Run, 60 seconds Brisk Walk), 5 minutes Brisk Walk Cool Down	Rest Day	10 minutes Brisk Walk, 20 x (1 minutes Run, 1 minute Walk), 10 minutes Brisk Walk
Week 11	Rest Day	5 minutes Brisk Walk Warm Up, 4 x (3 minutes Run, 60 seconds Brisk Walk), 5 minutes Brisk Walk Cool Down	30 minutes Conditioning Work	Rest Day	5 minutes Brisk Walk Warm Up, 8 x (50 seconds Run, 10 seconds Brisk Walk), 5 minutes Brisk Walk Cool Down	Rest Day	10 minutes Brisk Walk, 10 x (2 minutes Run, 1 minute Walk), 10 minutes Brisk Walk
Week 12	Rest Day	5 minutes Brisk Walk Warm Up, 3 x (3 minutes Run, 60 seconds Brisk Walk), 5 minutes Brisk Walk Cool Down	30 minutes Conditioning Work	30 minutes Easy Cross Training	Rest Day	Rest Day	5km Race Day

Making the Training Plan work for you

You'll probably not be able to follow the plan as it is set out. We've written our plans with this in mind:

Key sessions for each week are highlighted in Red. These are the non-negotiable sessions that you need to fit into your diary one way or view in order to run your best race.

Avoid key sessions on back to back days. You need to recover after the harder sessions, they can't be crammed into a few days within your week.

The only exception to this is a key session followed by an Easy Long Run, but this is for more advanced runners.

Sessions in Black are the supplementary training within the plan. These sessions are the ones to drop in your week if you can't fit it all in, although we hope you can find the time.