



Training Plan For Beginners

Up To 5K

This training plan is suitable for beginners, designed to prepare you to run for 40 minutes, which will equate to roughly 5 kilometres. Then you can gradually increase your fitness, so you can complete the distance in a faster time.

| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------|--------|-----------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|
| 1 | Rest | Run 15 mins slow pace | Run 15 mins medium pace | Run 20 mins slow pace | Run 20 mins slow pace | Run 15 mins slow pace | Run 20 mins slow pace |
| 2 | Rest | Run 10 mins fast pace | Run 15 mins medium pace | Run 20 mins slow pace | Run 20 mins slow pace | Run 10 mins fast pace | Run 25 mins slow pace |
| 3 | Rest | Run 15 mins fast pace | Run 20 mins slow pace | Run 15 mins medium pace | Run 15 mins fast pace | Run 20 mins medium pace | Run 30 mins medium pace |
| 4 | Rest | Run 15 mins fast pace | Run 20 mins medium pace | Run 20 mins medium pace | Run 15 mins fast pace | Run 20 mins medium pace | Run 30 mins medium pace |
| 5 | Rest | Run 20 mins fast pace | Run 20 mins medium pace | Run 20 mins medium pace | Run 15 mins fast pace | Run 20 mins medium pace | Run 35 mins medium |
| 6 | Rest | Run 25 mins fast pace | Run 20 mins medium pace | Run 20 mins fast pace | Run 25 mins medium pace | Run 20 mins medium pace | Run 40 mins medium |