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**Changing the world
with women and girls**

5km TRAINING PLAN - BEGINNERS



THIS TRAINING PLAN IS DESIGNED TO GET YOU TO THE START LINE OF A 5KM FEELING PREPARED AND CONFIDENT THAT YOU CAN ACHIEVE YOUR GOAL.

IS THIS EVERYTHING I NEED TO KNOW?

No – this plan is supported by our Running Guide, which gives more detail on the structure of the running sessions and top tips on nutrition and recovery to leave you fitter, stronger and more energised as you progress through your training journey.

WHY TRAIN IN THIS WAY?

If you keep doing the same things repeatedly you can't expect different results. This plan is designed to add variety, structure and progression to your training. It will challenge you across a range of different heart rate zones and gradually build up your ability to run at your desired goal race pace.



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Week number	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	REST	1 MIN EASY RUN / 1 MIN EASY WALK X10	REST	1 MIN EASY RUN / 1 MIN EASY WALK X10	REST	30 MINUTE BRISK WALK	2 MIN EASY RUN / 1 MIN WALK X7
2	REST	2 MIN EASY RUN / 1 MIN EASY WALK X6	REST	2 MIN EASY RUN / 1 MIN EASY WALK X6	REST	45 MINUTE BRISK WALK OR 20 MIN AEROBIC CROSS TRAINING	3 MIN EASY RUN / 1 MIN WALK X5
3	STRENGTH & CONDITIONING / 30 MIN EASY CROSS TRAIN	4 MIN EASY RUN / 1 MIN EASY WALK X3	REST	5 MIN EASY RUN / 1 MIN EASY WALK X3	REST	45 MINUTE BRISK WALK OR 20 MIN AEROBIC CROSS TRAINING	7 MIN CONTINUOUS EASY RIN / 2 MIN WALK THEN 4 MIN RUN / 1 MN WALK X 2
4	STRENGTH & CONDITIONING / 30 MIN EASY CROSS TRAIN	5 MIN RUN / 1 MIN WALK X3 THEN 2 MIN RUN / 1 MIN WALK X3	REST	5 MIN RUN / 1 MIN WALK X4	REST	60 MINUTE BRISK WALK OR 30 MIN AEROBIC CROSS TRAINING	10 MIN EASY RIN / 2 MIN WALK THEN 5 MIN RUN / 1 MIN WALK X 2
5	REST	4 MIN RUN / 1 MIN WALK X5	REST	7 MIN RUN / 1 MIN WALK X3	REST	REST	15 MIN EASY RUN / 1 MIN WALK THEN 10 MIN BRISK WALK

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Week number	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6	STRENGTH & CONDITIONING / 30 MIN EASY CROSS TRAIN	6 MIN EASY RUN / 1 MIN WALK X4	REST	10 MIN EASY RUN / 1 MIN WALK X2	REST	60 MINUTE BRISK WALK OR 30 MIN AEROBIC CROSS TRAINING	20 MINUTE EASY RUN / 1 MIN WALK THEN 5 MIN EASY
7	STRENGTH & CONDITIONING / 30 MIN EASY CROSS TRAIN	6 MIN EASY RUN / 1 MIN WALK X5	REST	12 MIN EASY RUN / 1 MIN WALK X2	REST	60 MINUTE BRISK WALK OR 30 MIN AEROBIC CROSS TRAINING	25 MINUTE EASY RUN THEN 10 MINUTES BRISK WALK
8	STRENGTH & CONDITIONING / 30 MIN EASY CROSS TRAIN	8 MIN EASY RUN / 1 MIN WALK X5	REST	12 MIN EASY RUN / 1 MIN WALK X2	REST	REST	30 MINUTES CONTINUOUS RUN
9	STRENGTH & CONDITIONING / 30 MIN EASY CROSS TRAIN	15 MIN EASY RUN	REST	25 MINUTES CONTINUOUS RUNNING	REST	60 MINUTE BRISK WALK OR 30 MIN AEROBIC CROSS TRAINING	35 MINUTES CONTINUOUS RUN
10	REST	6 MIN, 5 MIN, 4 MIN, 3 MIN, 2 MIN, 1 MIN RUN WITH 90 SEC WALK INBETWEEN BLOCKS	REST	15 MIN EASY RUN THEN 1 MIN RUN / 1 MIN WALK X8	REST	REST	5KM RACE

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- Always substitute cross-training for running if you are injured, very sore or it's not safe to run.
- Please add core conditioning, Pilates or yoga classes once or twice a week if you have time.
 - Try to stretch every day for at least 10 minutes.
 - Always eat within 20–30 minutes of finishing a run.
- Always train at the specified paces; don't compromise or run too hard. Tiredness always catches up, so take extra rest if required.

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CONTACT US!
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INFO@RUNNINGWITHUS.COM

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