



This programme is for you if you want to take part in a 5K parkrun or organised race. Whether you are new to running or returning to running, this programme has the perfect mix of walking and running activities to help you achieve your goal, or just to help you get fit!.

BEGINNER WALK TO RUN 5K PROGRAMME

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	REST	Run 1 min, Walk 2 mins. Repeat 6 times	REST	Run 1 min, Walk 2 mins. Repeat 6 times	REST	Run 1 min, Walk 1 min. Repeat 10 times	REST
WEEK 2	REST	Run 2 mins, Walk 2-4 mins. Repeat 5 times	REST	Run 1 min, Walk 1 min. Repeat 10 times	REST	Run/Walk 1.5K (little less than 1 mile)	REST
WEEK 3	REST	Run 3 mins, Walk 3 mins. Repeat 4 times	REST	Run 3 mins, Walk 3 mins. Repeat 4 times	REST	Run 3 mins, Walk 1-3 mins. Repeat 5 times	REST
WEEK 4	REST	Run 5 mins, Walk 3 mins. Repeat 3 times	REST	Run 5 mins, Walk 3 mins. Repeat 3 times	REST	Run/Walk 1.5K. Try it twice	REST
WEEK 5	REST	Run 7 mins, Walk 2 mins. Repeat 3 times	REST	Run 7 mins, Walk 2 mins. Repeat 3 times	REST	Run 8 mins, Walk 2 mins. Repeat 3 times	REST
WEEK 6	REST	Run 8 mins, Walk 2 mins. Repeat 3 times	REST	Run 10 mins, Walk 2 mins. Repeat 2 times	REST	Run/Walk 3K.	REST
WEEK 7	REST	Run 12 mins, Walk 2 mins. Repeat 2 times	REST	Run 12 mins, Walk 2 mins. Repeat 2 times	REST	Run 3K (just under 2 miles)	REST
WEEK 8	REST	Run 15 mins, Walk 1-3 mins. Repeat 2 times	REST	Run 15 mins, Walk 1-3 mins. Repeat 2 times	REST	Race or Park Run Day!	REST

RUNNING LOG

An opportunity for you to log progress over the duration of the training programme; recording successes will boost your confidence, whilst noting difficult sessions and will allow you to develop in the future.

	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	<i>SATURDAY</i>	<i>SUNDAY</i>
<i>EXAMPLE</i>	Found I had lots of energy today	Tired today, completed session – pleased with that				Ran with my social group today – was good to train with others	Hamstrings tight, nice to stretch
<i>WEEK 1</i>							
<i>WEEK 2</i>							
<i>WEEK 3</i>							
<i>WEEK 4</i>							
<i>WEEK 5</i>							
<i>WEEK 6</i>							
<i>WEEK 7</i>							
<i>WEEK 8</i>						<i>Race Day</i>	

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