

The 6-Week Beginner Level 2 5K Programme

This programme is for people who already have a basic level of fitness. It's designed to get you to run a 5K race non-stop, with confidence! If you require a more advanced or tailored training programme, please contact Heather at heather@hafitness.com.

Your runs should be at a pace where you can just about hold a conversation. The walking sections should be at a pace where you can catch your breath and prepare yourself for your next running section.

Warm up and cool down with a 5 min walk before and after each training session.

Have a rest day after each run (ie run on Mondays, Thursdays and Saturdays see below).

If you have more than 6 weeks before the race, get started now, and repeat weeks 2 and/or 3.

Wk	Mon	Thurs	Sat
1	Run 10 mins, walk 1 min. Repeat 3 times	Run 10 mins, walk 1 min. Run 11 mins, walk 1 min. Run 10 mins, walk 1 min.	Run 12 mins, walk 1 min. Repeat 2 times, then run for 8 mins
2	Run 12 mins, walk 1 min. Repeat 2 times, then run for 10 mins	Run 12 mins, walk 1 min. Repeat 3 times	Run 14 mins, walk 1 min. Repeat 2 times, then run for 9 mins
3	Run 15 mins, walk 1 min. Repeat 2 times, then run for 10 mins	Run 16 mins, walk 1 min. Repeat 2 times, then run for 8 mins	Run 18 mins, walk 1 min. Repeat 2 times, then run for 4 mins
4	Run 20 mins, walk 1 min. Repeat 2 times	Run 22 mins, walk 1 min. Then run for 18 mins	Run 24 mins, walk 1 min. Then run for 16 mins
5	Run 28 mins, walk 1 min. Then run for 12 mins	Run 30 mins, walk 1 min. Then run for 10 mins	Run 35 mins
6	Run 30 mins	Run 20 mins	REST & get ready for your RACE on Sunday!!

GOOD LUCK!!
Heather