

The 6-Week Complete Beginner 5K Programme

This programme is for people who are just starting out on their running career. It's designed to get you comfortably around a 5K race, mainly running with a bit of walking along the way. 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, then get started now, and repeat weeks 2 and/or 3.

Wk	Mon	Thurs	Sat
1	Run 1 min, walk 1 min. Repeat 8 times. <i>Total time running: 8 mins</i>	Run 1 min, walk 1 min. Repeat 9 times <i>Total time running: 9 mins</i>	Run 2 mins, walk 2 min. Repeat 5 times <i>Total time running: 10 mins</i>
2	Run 3 mins, walk 2 mins. Repeat 4 times <i>Total time running: 12 mins</i>	Run 3 mins, walk 2 mins. Repeat 5 times <i>Total time running: 15 mins</i>	Run 4 mins, walk 1 min. Repeat 4 times <i>Total time running: 16 mins</i>
3	Run 4 mins, walk 1 min. Repeat 5 times <i>Total time running: 20 mins</i>	Run 5 mins, walk 1 min. Repeat 4 times <i>Total time running: 20 mins</i>	Run 6 mins, walk 1 min. Run 6 mins, walk 1 min. Run 6 mins, walk 1 min. Run 3 miles <i>Total time running: 21 mins</i>
4	Run 7 mins, walk 1 min. Repeat 3 times <i>Total time running: 21 mins</i>	Run 7 mins, walk 1 min. Run 7 mins, walk 1 min. Run 7 mins, walk 1 min. Run 3 mins <i>Total time running: 24 mins</i>	Run 8 mins, walk 1 min. Repeat 3 times <i>Total time running: 24 mins</i>
5	Run 7 mins, walk 1 min. Repeat 4 <i>Total time running: 28 mins</i>	Run 9 mins, walk 1 min. Run 8 mins, walk 1 min. Run 7 mins, walk 1 min Run 6 mins <i>Total time running: 30 mins</i>	Run 10 mins, walk 1 min. Repeat 3 times <i>Total time running: 30 mins</i>
6	Run 10 mins, walk 1 min. Repeat 3 times <i>Total time running: 30 mins</i>	Run 10 mins, walk 1 min. Repeat 2 times <i>Total time running: 20 mins</i>	REST & get ready for your RACE on Sunday!!

GOOD LUCK!!
Heather