

12 Week Beginner - 5km Training Program



- To begin this Training Program you can start from nothing... its designed to have you running the 5k non stop by the end of this program
- Finish your session with **5-10 mins of foam rolling and stretching.**

KEY:

Lower Aerobic (L.A) - breathing should be nice and even and you should be able to hold a conversation.

Mid Aerobic (M.A) - breathing should still be even but your heart rate and breathing rate will have increased, you should still be able to talk.



	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1	Mon, 10 Aug	Tue, 11 Aug	Wed, 12 Aug	Thu, 13 Aug	Fri, 14 Aug	Sat, 15 Aug	Sun, 16 Aug
August	Rest Day	Walk 2mins/Run 3mins Total: 30 mins M.A - Undulating	X-Training Day (try a class - Pilates, Yoga or strength)	Walk 2mins/Run 3mins Total: 30 mins M.A - Flat	Rest Day	Walk 2mins/Run 3mins Total: 30 mins M.A - Undulating	Rest Day
Week 2	Mon, 17 Aug	Tue, 18 Aug	Wed, 19 Aug	Thu, 20 Aug	Fri, 21 Aug	Sat, 22 Aug	Sun, 23 Aug
August	Rest Day	Walk 2mins/Run 4mins Total: 36 mins M.A - Undulating	X-Training Day	Walk 2mins/Run 4mins Total: 36 mins M.A - Flat	Rest Day	Walk 2mins/Run 4mins Total: 36 mins M.A - Undulating	Rest Day
Week 3	Mon, 24 Aug	Tue, 25 Aug	Wed, 26 Aug	Thu, 27 Aug	Fri, 28 Aug	Sat, 29 Aug	Sun, 30 Aug
August	Walk 40mins L.A	Walk 2mins/Run 5mins Total: 35 mins M.A - Undulating	X-Training Day	Walk 2mins/Run 4mins Total: 36 mins M.A - Flat	Rest Day	40mins Walk with 3 x 2mins Run M.A in the middle	Rest Day
Week 4	Mon, 31 Aug	Tue, 1 Sep	Wed, 2 Sep	Thu, 3 Sep	Fri, 4 Sep	Sat, 5 Sep	Sun, 6 Sep

September	Walk 40mins L.A	Walk 2mins/Run 6mins Total: 40 mins M.A - Undulating	X-Training Day	Walk 2mins/Run 6mins Total: 40 mins M.A - Flat	Rest Day	Walk 2mins/Run 6mins Total: 40 mins M.A - Undulating	Rest Day
Week 5	Mon, 7 Sep	Tue, 8 Sep	Wed, 9 Sep	Thu, 10 Sep	Fri, 11 Sep	Sat, 12 Sep	Sun, 13 Sep
September	Walk 40mins L.A with 2 x 3mins Run in the middle M.A	Walk 2mins/Run 6mins Total: 40 mins M.A - Undulating	X-Training Day	Walk 2mins/Run 6mins Total: 40 mins M.A - Flat	Rest Day	Walk 2mins/Run 6mins Total: 40 mins M.A - Undulating	Rest Day
Week 6	Mon, 14 Sep	Tue, 15 Sep	Wed, 16 Sep	Thu, 17 Sep	Fri, 18 Sep	Sat, 19 Sep	Sun, 20 Sep
September	45mins Walk	Walk 2mins/Run 5mins Total: 35 mins M.A - Undulating	X-Training Day	30mins Walk	Complete day off from exercise	40mins Walk with 3 x 2mins Run M.A in the middle	Active Rest day
Week 7	Mon, 21 Sep	Tue, 22 Sep	Wed, 23 Sep	Thu, 24 Sep	Fri, 25 Sep	Sat, 26 Sep	Sun, 27 Sep
September	Walk 40mins L.A with 5 x 3mins Run in the middle M.A	Walk 2mins/Run 7mins Total: 45 mins M.A - Undulating	X-Training Day	Walk 90secs/Run 7mins Total: 42 mins M.A - Flat	Rest Day	Walk 90secs/Run 7mins Total: 42 mins M.A - Undulating	Active Rest day
Week 8	Mon, 28 Sep	Tue, 29 Sep	Wed, 30 Sep	Thu, 1 Oct	Fri, 2 Oct	Sat, 3 Oct	Sun, 4 Oct
September	Walk 40mins L.A with 5 x 3mins Run in the middle M.A	Walk 90secs/Run 7mins Total: 42 mins M.A - Undulating	X-Training Day	Walk 1mins/Run 7mins Total: 40 mins M.A - Flat	Rest Day	Walk 1mins/Run 8mins Total: 45 mins M.A - Undulating	Active Rest day
Week 9	Mon, 5 Oct	Tue, 6 Oct	Wed, 7 Oct	Thu, 8 Oct	Fri, 9 Oct	Sat, 10 Oct	Sun, 11 Oct

October	Rest Day	Walk 1mins/Run 7mins Total: 40 mins M.A - Undulating	X-Training Day	Walk 1mins/Run 8mins Total: 40 mins M.A - Flat	Rest Day	Walk 1mins/Run 8mins Total:40 mins M.A - Undulating	Active Rest day
Week 10	Mon, 12 Oct	Tue, 13 Oct	Wed, 14 Oct	Thu, 15 Oct	Fri, 16 Oct	Sat, 17 Oct	Sun, 18 Oct
October	Walk 40mins L.A with 5 x 3mins Run in the middle M.A	Walk 1mins/Run 8mins Total: 40 mins M.A - Undulating	X-Training Day	Walk 1mins/Run 8mins Total: 40 mins M.A - Flat	Rest Day	Walk 1mins/Run 10mins Total: 44 mins M.A - Undulating	Active Rest day
Week 11	Mon, 19 Oct	Tue, 20 Oct	Wed, 21 Oct	Thu, 22 Oct	Fri, 23 Oct	Sat, 24 Oct	Sun, 25 Oct
October	Walk 40mins L.A with 5 x 3mins Run in the middle M.A	Walk 1mins/Run 10mins Total: 44 mins M.A - Undulating	X-Training Day	Walk 1mins/Run 10mins Total:44 mins M.A - Flat	Rest Day	Run 5km Non-Stop	Active Rest day
Week 12	Mon, 26 Oct	Tue, 27 Oct	Wed, 28 Oct	Thu, 29 Oct	Fri, 30 Oct	Sat, 31 Oct	Sun, 1 Nov
October	Rest Day	Walk 1mins/Run 10mins Total:44 mins M.A - Undulating	Rest Day	20 min run L.A	Rest Day	Rest day. Have an easy 15 mins jog. Check that you have all your race gear ready for the morning, and then relax for the rest of the day	5km