



Beginners: sample 5k programme

Weeks until run	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8	Rest	1 mile walk/jog	Rest	1 mile walk/jog	Rest	30 mins walk	1 mile walk/jog
7	Rest	1 mile walk/jog	Rest	1 mile walk/jog	Rest	30 mins walk	1 mile walk/jog
6	Rest	1 mile walk/jog	Rest	1 mile jog/run	Rest	40 mins walk	1 mile jog/run
5	Rest	1.5 mile walk/jog	Rest	1 mile jog/run	Rest	40 mins walk	1.5 mile jog/run
4	Rest	1.5 mile walk/jog	Rest	1.5 mile jog/run	Rest	50 mins walk	2 mile jog/run
3	Rest	1.5 mile walk/jog	Rest	1.5 mile jog/run	Rest	50 mins walk	2 mile run
2	Rest	2 mile walk/jog	Rest	2 mile jog/run	Rest	60 mins walk	2.5 mile run
1	Rest	2 mile walk/jog	Rest	1.5 mile walk/jog	Rest	Rest	5k run

The programme is suggested advice and should be adapted to suit your work and home life and the days of the week that is most convenient for you to exercise. Do not worry too much about exact distances, just try to cover the approximate time for each distance stated at your normal running pace.

As with all exercise programmes you should always do some gentle movement warm-up exercises beforehand and some stretching exercises to warm-down afterwards. As with any physical activity programme please consult your GP before commencing if you have any health concerns.

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