

5K RUNNING PROGRAMME FOR BEGINNERS

The health benefits of regular exercise have been widely published but for some, making that first leap from the sofa to the streets to start running is a big one to make.

The guide below is designed to help you make that jump into running regularly and will aim to allow you to run 5k regularly in just 8 weeks. If during the programme you feel things are moving too fast, just make the transition to the next phase last a little longer. It is recommended however, that you don't try to skip sections even if you're feeling good – this is how injuries can occur. If at any time you feel any pain other than muscle stiffness, ring the number below to speak to one of our experts or to arrange an appointment.

Be sure to take at least one day of rest between sessions.

All sessions should start with a 5 min walking warm up of increasing pace.

All sessions should end with a 5 min easy walk and stretch.

Week	Session 1	Session 2	Session 3
1	Jog 1 min, walk 2 min. Repeat x 6	Jog 1 min, walk 2 min. Repeat x 6	Jog 1 min, walk 90 sec. Repeat x 7
2	Jog 90 sec, walk 2 min. Repeat x 6	Jog 90 sec, walk 2 min. Repeat x 6	Jog 90 sec, walk 90 sec. Repeat x 7
3	Jog 2 min, walk 2 min. Repeat x 5	Jog 2 min, walk 2 min. Repeat x 5	Jog 2 min, walk 1 min. Repeat x 6
4	Walk for 1 min after each jog of: Jog for 90 sec, 2 min, 2.5 min, 3 min, 2.5 min, 2 min, 90 sec.	Walk for 1 min after each jog of: Jog for, 90 sec, 2 min, 2.5 min, 3 min, 2.5 min, 2 min, 90 sec.	Jog 5 min, walk 2 min. Repeat x 3
5	Jog 5 min, walk 90 sec Jog 6 min, walk 90 sec Jog 5 min, walk 90 sec Jog 6 min, walk 90 sec	Jog 5 min, walk 90 sec Jog 6 min, walk 90 sec Jog 5 min, walk 90 sec Jog 6 min, walk 90 sec	Jog 8 min, walk 3 min Jog 2 min, walk 2 min Jog 8 min, walk 3 min
6	Jog 8 min, walk 2 min Jog 5 min, walk 2 min Jog 8 min, walk 2 min	Jog 10 min, walk 2 min Jog 4 min, walk 2 min Jog 10 min, walk 2 min	Jog 12 min, walk 3 min Repeat x 2
7	Jog 12 min, walk 3 min Jog 8 min, walk 2 min Jog 4 min, walk 1 min	Jog 15 min, walk 2 min Jog 10 min, walk 2 min	Jog 18 min, walk 2 min Jog 8 min, walk 2 min
8	Jog 20 min, walk 2 min Jog 4 min, walk 30 sec Jog 2 min, walk 30 sec	Jog 2 min, walk 30 sec Jog 25 min, walk 2 min Jog 2 min, walk 30 sec	Jog 30 min.