

# GoodRunGuide

Add some new direction to your running

## Beginner's Training Plan

**TARGET: 5K Fun Run**

**PERIOD: 12 Weeks**

Tick the box after completing each training session

Week	Tuesday	Thursday	Saturday	Sunday
1	run 2 mins, walk 4 mins – 4 times (total time 24 mins) <input type="checkbox"/>	run 2 mins, walk 4 mins – 4 times (total time 24 mins) <input type="checkbox"/>	run 2 mins, walk 4 mins – 4 times (total time 24 mins) <input type="checkbox"/>	run 2 mins, walk 4 mins – 4 times (total time 24 mins) <input type="checkbox"/>
2	run 3 mins, walk 3 mins – 4 times (total time 24 mins) <input type="checkbox"/>	run 3 mins, walk 3 mins – 4 times (total time 24 mins) <input type="checkbox"/>	run 3 mins, walk 3 mins – 4 times (total time 24 mins) <input type="checkbox"/>	run 3 mins, walk 3 mins – 4 times (total time 24 mins) <input type="checkbox"/>
3	run 5 mins, walk 2 mins – 4 times (total time 28 mins) <input type="checkbox"/>	run 5 mins, walk 2 mins – 4 times (total time 28 mins) <input type="checkbox"/>	run 5 mins, walk 2 mins – 4 times (total time 28 mins) <input type="checkbox"/>	run 5 mins, walk 2 mins – 4 times (total time 28 mins) <input type="checkbox"/>
4	run 7 mins, walk 2 mins – 3 times (total time 27 mins) <input type="checkbox"/>	run 7 mins, walk 2 mins – 3 times (total time 27 mins) <input type="checkbox"/>	run 7 mins, walk 2 mins – 3 times (total time 27 mins) <input type="checkbox"/>	run 7 mins, walk 2 mins – 3 times (total time 27 mins) <input type="checkbox"/>
5	run 8 mins, walk 2 mins – 3 times (total time 30 mins) <input type="checkbox"/>	run 8 mins, walk 2 mins – 3 times (total time 30 mins) <input type="checkbox"/>	run 8 mins, walk 2 mins – 3 times (total time 30 mins) <input type="checkbox"/>	run 8 mins, walk 2 mins – 3 times (total time 30 mins) * <input type="checkbox"/>
6	run 10 mins, walk 2 mins – 2 times (total time 24 mins) <input type="checkbox"/>	run 10 mins, walk 2 mins – 2 times (total time 24 mins) <input type="checkbox"/>	run 10 mins, walk 2 mins – 2 times (total time 24 mins) <input type="checkbox"/>	run 10 mins, walk 2 mins – 2 times (total time 24 mins) <input type="checkbox"/>
7	run 10 mins, walk 2 mins – 2 times (total time 24 mins) <input type="checkbox"/>	run 10 mins, walk 2 mins – 2 times (total time 24 mins) <input type="checkbox"/>	run 10 mins, walk 2 mins – 2 times (total time 24 mins) <input type="checkbox"/>	run 10 mins, walk 2 mins – 2 times (total time 24 mins) <input type="checkbox"/>
8	run 12 mins, walk 2 mins – 2 times (total time 28 mins) <input type="checkbox"/>	run 12 mins, walk 2 mins – 2 times (total time 28 mins) <input type="checkbox"/>	run 12 mins, walk 2 mins – 2 times (total time 28 mins) <input type="checkbox"/>	run 12 mins, walk 2 mins – 2 times (total time 28 mins) <input type="checkbox"/>
9	run 15 mins, walk 1 min – 2 times (total time 32 mins) <input type="checkbox"/>	run 15 mins, walk 1 min – 2 times (total time 32 mins) <input type="checkbox"/>	run 15 mins, walk 1 min – 2 times (total time 32 mins) <input type="checkbox"/>	run 15 mins, walk 1 min – 2 times (total time 32 mins) <input type="checkbox"/>
10	run 30 mins <input type="checkbox"/>	run 30 mins <input type="checkbox"/>	run 30 mins <input type="checkbox"/>	run 30 mins * <input type="checkbox"/>
11	run 30 mins <input type="checkbox"/>	run 30 mins <input type="checkbox"/>	run 30 mins <input type="checkbox"/>	run 30 mins * <input type="checkbox"/>
12	run 20 mins <input type="checkbox"/>	run 20 mins <input type="checkbox"/>	<input type="checkbox"/>	<b>5K Fun Run</b> <input type="checkbox"/>

### NOTES

\* see notes

**WEEK 5 :** On Sunday measure your total distance run/walked and record this in your log book. This will give you encouragement on week 10 when you will measure again and hopefully see an improvement.

**WEEK 10/11 :** We suggest you measure the distance you run in 30 minutes on the Sundays in these weeks (try to run a little faster and therefore further without over-straining). This will give your body a feel for race day.

If you feel any pain during jogging or feel an injury coming on then have a rest day. It is better to miss a session than become injured and miss many more!

Do not abandon the plan if you miss a training session - if you cannot run 4 times a week then 3 times will be sufficient.

Adjust the days to suit your own schedule - but do not run more than twice in 2 days.