

5KM BEGINNER RUNNING PROGRAM

So you want to start running. Kudos to you! Challenging yourself to a 5 kilometer run is a great introductory goal. This 6-week plan will help any beginner get used to running regularly. The duration of each run is flexible and may change based on your personal speed. Aim for 3-4 runs each week, and make sure to meet your goal distances and watch where your feet will take you.

WEEK	TECHNIQUE	MON <i>Recovery</i>	TUE <i>Base run</i>	WED <i>Active Recovery</i>	THU <i>Base run</i>	FRI <i>Recovery</i>	SAT <i>Active Recovery</i>	SUN <i>Long Run</i>
1	Introduce the run-walk method to your base runs this week. Through these runs, run for 2 minutes and walk for 1 minutes. Repeat this pattern until you reach the goal time.	Rest	30 min or less (1km)	Strength Training	30 min or less (1km)	Rest	Strength training or rest. Your choice!	1.5km
2	Run for 4 minutes and walk for 1 minute. Repeat this pattern until you reach the goal time.	Rest	30 min or less (1.5km)	Strength Training	30 min or less (1.5km)	Rest	Strength training or rest. Your choice!	2km
3	Run for 6 minutes and walk for 1 minute. Repeat this pattern until you reach the goal time. On your long runs make sure you reach your goal distance.	Rest	30 min (2km)	Strength Training	30 min (2km)	Rest	Strength Training	3km
4	Run for 8 minutes and walk for 1 minute. Repeat this pattern until you reach the goal time. On your long runs make sure you reach your goal distance.	Rest	30 min (2.5km)	Strength Training	30 min (2.5km)	Rest	Strength Training	4km
5	Run for 10 minutes and walk for 1 minute. Repeat this pattern until you reach the goal time and distance. On your long runs make sure you reach your goal distance.	Rest	30 min (3km)	Strength Training	30 min (3km)	Rest	Strength Training	5km
6	Congratulations, you're almost there! Go into your race with a positive outlook, and you're sure to enjoy it.	Rest	30 min (3km)	Strength Training	30 min (3km)	Rest	Rest	Race day!



This 6-week running program is intended to guide those who are new to physical activity. Before starting any exercise program, consult a doctor or CSEP-certified exercise professional for advice.

