

Beginner's Plan 5 Mile. Smiles = 8km*

Builder Day		Extra	Building Base Fitness		
Week	Mon	Tue	Wed	Thu	
1	1.5km. Run 1 min - Walk 2 min	Rest	Rest	1.5km. Run 1 min - Walk 1 min	
2	2.5km. Run 1 min - Walk 2 min	Rest	Rest	1.5km. Run 1.5min. Walk 1.5min	
3	3km. Run 1.5 min - Walk 1 min	Rest	Rest	3km. Run 1.5min. Walk 1min	
4	3km. Run 2 min - Walk 1 min	Rest	2km	3km. Run 3min. Walk 1min	
5	3.5km. Run 3 min - Walk 1 min	Rest	2.5km	3km. Run 3min. Walk 1min	
6	4km. Run 5min. Walk 1min	Rest	Rest	Rest	
7	4.5km. Run 6min. Walk 1min	Rest	Rest	Run 3.5km	
8	5km. Run 7min. Walk 1min	Rest	Rest	Run 4km	
9	5.5km. Run 8min. Walk 1min	Rest	Rest	Run 4.5km	
10	6km. Run 9min. Walk 1min	Rest	Rest	Run 5km	
11	6.5km. Run 10min. Walk 1min	Rest	Rest	Run 5km	
12	Run 4km	Rest	Rest	3km Brisk Walk	
Long Runs					
Week	Fri	Sat	Sun	Total	Milestones
1	Rest	3km Brisk Walk	Rest	6	
2	Rest	3km. Run 1km. Walk/run 2km	Rest	7	
3	Rest	3km. Run 1.5km. Walk/run 1.5km	Rest	9	5 mile distance covered in week 3
4	Rest	4km. Run 2km. Walk/run 2km	Rest	12	Half the distance covered (4km)
5	Rest	4.5km. Run 3.5km. Walk/run 1km	Rest	13.5	
6	Rest	Run 5km - Park Run	Rest	9	Training changes to 3 day if Base Fitness done
7	Rest	Run 5km	Rest	13	
8	Rest	Run 6km	Rest	15	
9	Rest	Run 6km	Rest	16	
10	Rest	Run 7km	Rest	18	Longest long run 7km & Longest weeks running
11	Rest	Run 6km	Rest	17.5	
12	Rest	Rest	8km	15	Finished. Celebrate!