

Training plans

A progressive 12 week training plan including mini targets.

If you are a walker – you can use the plans as a guide substituting the runs for walks.

If you have been inactive for a long period we recommend that you consult with your GP before commencing any training plan.

Beginners couch to 5km Plan

Week	Time on Feet		Builder Day		Building Base Fitness		Long Runs/ Jogs / (Walks).		Sun	Total	Milestones/ Mini Targets
	Mon	Tue	Wed	Thu	Fri	Sat	Sun				
1	1.5km Brisk Walk	Rest	1km. Walk 2 min - *Run 1/2 min	1.5km Brisk Walk	Rest	2km Brisk Walk	Rest	6	Total 5km distance covered in week 1		
2	1.5km Brisk Walk	Rest	1km. Walk 1 min - Run 1/2min	1.5km Brisk Walk	Rest	3km Brisk Walk	Rest	7			
3	1.5km Brisk Walk	Rest	1.5km. Walk 1.5 min - Run 1.5min	1.5km Brisk Walk	Rest	Walk 1.5km. *Run 1km. Walk 0.5km	Rest	7.5			
4	2km Brisk Walk	Rest	1.5km. Walk 1 min - Run 2min	2km Brisk Walk	Rest	Walk 1.5km. Run 1.5km	Rest	8.5			
5	2km Brisk Walk	Rest	2km. Walk 1/2 min - Run 2min	2km Brisk Walk	Rest	Walk 1km - Run 2km	Rest	9			
6	3km Brisk Walk	Rest	2.5km. Walk 1/2min - Run 2.5min	Rest for long run	Rest	Run 2.5km	Rest	8	Training changes to 3 day if Base Fitness done		
7	3km Brisk Walk	Rest	2.5km. Walk 1/2min - Run 4min	Rest for long run	Rest	Run 3km	Rest	8.5	Over Half the distance covered (3km)		
8	3km Brisk Walk	Rest	3km. Walk 1/2min - Run 6min	Rest for long run	Rest	Run 3.5km	Rest	9.5			
9	3.5km Brisk Walk	Rest	4km. Walk 1/2min - Run 6min	Rest for long run	Rest	Run 4km	Rest	11.5			
10	3.5km Brisk Walk	Rest	4km. Walk 1/2min - Run 8min	Rest for long run	Rest	Run 4.5km	Rest	12	Longest long run 4.5km & most Km's completed		
11	4km Brisk Walk	Rest	4km. Walk 1/2min - Run 8min	Rest for long run	Rest	Run 3.5km	Rest	11.5	Bring the distance back		
12	2.5km Brisk Walk	Rest	2.5km Brisk Walk	1km Brisk Walk	Rest	Rest	5km	11	Finished. Celebrate!		

Note: *Run ≥ jogging pace

If you work weekends - you will need to alter the days to suit your timetable.

*Make sure you get your long runs/ walks completed as much as possible.

Suggested Race



Target Race _____ Target finishing time _____

Race date & location _____ Notes on race _____

Have you entered ? Y/N _____