

5k Training Plan

You'd like to start running for fitness and fun but you're not sure if you can do it. Our beginners schedule will get you started and prepare you for a 5K race in 10 weeks. If you are in any doubt as to your readiness to begin this programme please seek medical advice. For more guidance on this plan please visit www.scottishrunningguide.com

10 WEEKS UNTIL RACE

Monday:	Tuesday:	Wednesday:	Thursday:	Friday:	Saturday:	Sunday:
Rest	Run 60 seconds walk 3 minutes Repeat x3	Rest	Run 60 seconds walk 3 minutes Repeat x3	Rest	Run 60 seconds walk 3 minutes Repeat x3	30 minute brisk walk

9 WEEKS UNTIL RACE

Monday:	Tuesday:	Wednesday:	Thursday:	Friday:	Saturday:	Sunday:
Rest	Run 60 seconds walk 2 minutes Repeat x5	Rest	Run 60 seconds walk 2 minutes Repeat x5	Rest	Run 60 seconds walk 2 minutes Repeat x5	30 minute brisk walk

8 WEEKS UNTIL RACE

Monday:	Tuesday:	Wednesday:	Thursday:	Friday:	Saturday:	Sunday:
Rest	Run 60 seconds walk 2 minutes Repeat x5	Rest	Run 60 seconds walk 2 minutes Repeat x5	Rest	Run 60 seconds walk 2 minutes Repeat x5	30 minute brisk walk

7 WEEKS UNTIL RACE

Monday:	Tuesday:	Wednesday:	Thursday:	Friday:	Saturday:	Sunday:
Rest	Run 60 seconds walk 2 minutes Repeat x7	Rest	Run 60 seconds walk 2 minutes Repeat x7	Rest	Run 60 seconds walk 2 minutes Repeat x7	40 minute brisk walk

6 WEEKS UNTIL RACE

Monday:	Tuesday:	Wednesday:	Thursday:	Friday:	Saturday:	Sunday:
Rest	Run 60 seconds walk 2 minutes Repeat x8	Rest	Run 60 seconds walk 2 minutes Repeat x8	Rest	Run 60 seconds walk 2 minutes Repeat x8	40 minute brisk walk

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5 WEEKS UNTIL RACE

Monday:	Tuesday:	Wednesday:	Thursday:	Friday:	Saturday:	Sunday:
Rest	Run 2 minutes walk 2 minutes Repeat x6	Rest	Run 2 minutes walk 2 minutes Repeat x6	Rest	Run 2 minutes walk 2 minutes Repeat x6	40 minute brisk walk

4 WEEKS UNTIL RACE

Monday:	Tuesday:	Wednesday:	Thursday:	Friday:	Saturday:	Sunday:
Rest	Run 2 minutes walk 2 minutes Repeat x7	Rest	Run 2 minutes walk 2 minutes Repeat x7	Rest	Run 2 minutes walk 2 minutes Repeat x7	50 minute brisk walk

3 WEEKS UNTIL RACE

Monday:	Tuesday:	Wednesday:	Thursday:	Friday:	Saturday:	Sunday:
Rest	Run 3 minutes walk 2 minutes Repeat x6	Rest	Run 3 minutes walk 2 minutes Repeat x6	Rest	Run 3 minutes walk 2 minutes Repeat x6	50 minute brisk walk

2 WEEKS UNTIL RACE

Monday:	Tuesday:	Wednesday:	Thursday:	Friday:	Saturday:	Sunday:
Rest	Run 3 minutes walk 2 minutes Repeat x6	Rest	Run 3 minutes walk 2 minutes Repeat x6	Rest	Run 3 minutes walk 2 minutes Repeat x6	60 minute brisk walk

1 WEEKS UNTIL RACE

Monday:	Tuesday:	Wednesday:	Thursday:	Friday:	Saturday:	Sunday:
Rest	Run 3 minutes walk 1 minutes Repeat x8	Rest	Run 3 minutes walk 1 minutes Repeat x8	Rest	Rest	Race Day