

BUPA 5KM TRAINING PROGRAMME - BEGINNERS

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8
DAY 1	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day
DAY 2	Run 1 min Walk 2 min x 6 times	Run 2 min Walk 2-4 minutes x 5 times	Run 3 min Walk 3 min x 4 times	Run 5 min Walk 3 min x 3 times	Run 7 min Walk 2 min x 3 times	Run 8 min Walk 2 min x 3 times	Run 12 min Walk 2 min x 2 times	Run 15 min Walk 1 - 3 min x 2 times
DAY 3	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day
DAY 4	Run 1 min Walk 2 min x 6 times	Run 1 min Walk 1 min x 10 times	Run 3 min Walk 3 min x 4 times	Run 5 min Walk 3 min x 3 times	Run 7 min Walk 2 min x 3 times	Run 10 min Walk 2 min x 2 times	Run 12 min Walk 2 min x 2 times	Run 15 min Walk 1 - 3 min x 2 times
DAY 5	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day
DAY 6	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day	Rest day
DAY 7	Run 1 min Walk 1 min x 10 times	Run/walk 1 mile Record your time here:	Run 3 min Walk 1 - 3 min x 5 times	Run/walk 1 mile and try to repeat. Record your time here:	Run 8 min Walk 2 min x 3 times	Run 1 mile, then walk/run 1 mile. Record your time here:	Run 2 miles. Record your time here:	Run 2 miles, then 1 mile walk/run or 5km race. Record your time here:

For expert advice on your running visit www.buparunning.co.uk

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