## Bupa $h$ 5km walk to run

This programme is for you if you don't currently exercise and you'd like to get into a more active lifestyle. If you're not sure you're able to run, this is for you - it's a very gentle introduction to jogging and running. It's designed to allow you to repeat any of the weeks as often as you need until you feel ready to move up to the next week's training.

Use this alongside our 5km training webpage: bupa.co.uk/5k-plan. The effort levels described here correspond to the 'Activity' column.

|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| $\begin{aligned} & 5 \\ & \text { 末 } \\ & 0 \\ & 3 \end{aligned}$ | Rest | Rest | 15 mins walk | Rest | 20 mins fast walk | Rest | 30 secs light jog or fast walk, walk until you feel recovered. Repeat 6 to 10 times |
| $\begin{aligned} & \text { N } \\ & \text { - } \\ & \text { © } \\ & 3 \end{aligned}$ | Rest | Rest | 30 secs light jog or fast walk, 1 min walk. Repeat 6 to 8 times | Rest | 1 min light jog or fast walk, 1 min walk. <br> Repeat 6 to 8 times | Rest | 90 secs light jog or fast walk, 1 min walk. Repeat 6 to 8 times |
| $\begin{aligned} & \text { M } \\ & \text { ※ } \\ & \text { © } \end{aligned}$ | Rest | Rest | 2 mins light jog or fast walk, 2 mins walk. Repeat 6 times | Rest | 2 mins light jog or fast walk, 2 mins walk. Repeat 8 times | Rest | 3 mins light jog or fast walk, 2 mins walk. Repeat 5 times |
| $\begin{aligned} & \pm \\ & \text { - } \\ & 0 \\ & 3 \end{aligned}$ | Rest | Rest | 3 mins light jog or fast walk, 2 mins walk. Repeat 7 times | Rest | 3 mins light jog or fast walk, 90 secs walk. Repeat 5 times | Rest | 4 mins light jog or fast walk, 2 mins walk. Repeat 5 times |
| $\begin{aligned} & 0 \\ & \frac{2}{0} \\ & 3 \\ & 3 \end{aligned}$ | Rest | Rest | 5 mins jog or fast walk, 3 mins walk. <br> Repeat 4 times | Rest | 10 mins jog or fast walk, 5 mins walk. Repeat 2 times | Rest | 7 mins jog or fast walk, 3 mins walk. Repeat 4 times |
| $\begin{aligned} & \circ \\ & \text { ㅎ } \\ & 0 \\ & 3 \end{aligned}$ | Rest | Rest | 7 mins jog or fast walk, 3 mins walk. Repeat 5 times | Rest | 10 mins jog or fast walk, 5 mins walk. Repeat 2 times | Rest | 10 mins jog or fast walk, 5 mins walk. Repeat 2 times |
| $\begin{aligned} & N \\ & \mathbf{N} \\ & \mathbf{N} \\ & \$ \end{aligned}$ | Rest | Rest | 10 mins jog or fast walk, 2 mins walk. Repeat 2 times | Rest | 15 mins jog or fast walk, 5 mins walk, 10 mins jog | Rest | 20 mins jog or fast walk |
| $$ | Rest | Rest | 20 mins jog or fast walk | Rest | 25 mins jog or fast walk | Rest | 25 mins jog or fast walk |

