

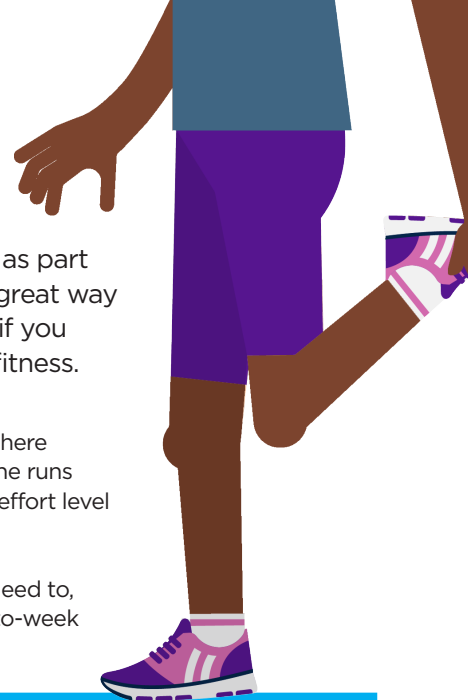


Beginner 5km programme

This running programme is for you if you'd like to run 5km as part of an organised race or simply to challenge yourself. It's a great way to get you started if you're not a regular runner. And even if you don't have an event in mind, it will help you increase your fitness.

Use this alongside our 5km training webpage: bupa.co.uk/5km-plan. The effort levels described here correspond to the 'Activity' column. The programme involves episodes of walking and running. The runs should be done at a 'light to moderate' pace, or effort level 5-6. The recovery walks should be at effort level 3-4, to allow your heart rate and breathing to slow down before the next run.

On your long Sunday runs, try and keep to a slow, steady pace so you don't have to walk. If you need to, walk for two minutes to recover, and then start running again. If you're struggling with the week-to-week rise in intensity, feel free to repeat a week as often as needed to be comfortable.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest	Easy run 1 min, walk 2 mins. Repeat 6 times	Rest	Easy run 1 min, walk 2 mins. Repeat 6 times	Rest	Rest	Easy run 1 min, walk 1 min. Repeat 10 times
Week 2	Rest	Easy run 2 mins, walk 2 to 4 mins. Repeat 5 times	Rest	Easy run 1 min, walk 1 min. Repeat 10 times	Rest	Rest	Long run: 1.5km (try not to walk if you can)
Week 3	Rest	Easy run 3 mins, walk 3 mins. Repeat 4 times	Rest	Easy Run 3 mins, walk 3 mins. Repeat 4 times	Rest	Rest	Easy run 3 mins, walk 1 to 3 mins. Repeat 5 times
Week 4	Rest	Easy run 5 mins, walk 3 mins. Repeat 3 times	Rest	Easy run 5 mins, walk 3 mins. Repeat 3 times	Rest	Rest	Long run: 2km
Week 5	Rest	Easy run 7 mins, walk 2 mins. Repeat 3 times	Rest	Easy run 7 mins, walk 2 mins. Repeat 3 times	Rest	Rest	Long run: 2km
Week 6	Rest	Easy run 8 mins, walk 2 mins. Repeat 3 times	Rest	Easy run 10 mins, walk 2 mins. Repeat 2 times	Rest	Rest	Long run: 3km
Week 7	Rest	Easy run 12 mins, walk 2 mins. Repeat 2 times	Rest	Easy run 12 mins, walk 2 mins. Repeat 2 times	Rest	Rest	Long run: 3km
Week 8	Rest	Easy run 15 mins, walk 1 to 3 mins. Repeat 2 times	Rest	Easy run 15 mins, walk 1 to 3 mins. Repeat 2 times	Rest	Rest	Long run: 5km (or RACE!)

