

Running4Women Beginners 5k Training Programme

Week	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1	Rest	5 min walk, 5 min jog 5 min walk, 5 min jog	Rest	5 min walk, 5 min jog 5 min walk, 5 min jog	Rest	5 min walk, 5 min jog 5 min walk, 5 min jog	30 - 60 min walk
2	Rest	5 min walk, 5 min jog 5 min walk, 5 min jog	Rest	5 min walk, 5 min jog 5 min walk, 5 min jog	Rest	5 min walk, 5 min jog 5 min walk, 5 min jog	35 - 60 min walk
3	Rest	5 min walk 10 min jog 5 min walk 10 min jog	Rest	5 min walk 10 min jog 5 min walk 10 min jog	Rest	5 min walk 10 min jog 5 min walk 10 min jog	40 - 60 min walk
4	Rest	5 min walk 15 min jog 5 min walk 15 min jog	Rest	5 min walk 15 min jog 5 min walk 15 min jog	Rest	5 min walk 15 min jog 5 min walk 15 min jog	45 - 60 mins walk
5	5 min walk 10 min jog 5 min walk	5 mins walk 20 min jog 5 mins walk	Rest	5 mins walk 20 min jog 5 mins walk	5 min walk 10 min jog 5 min walk	5 mins walk 20 min jog 5 mins walk	50 - 50 mins walk
6	5 min walk 10 min jog 5 min walk	5 mins walk 25 min jog 5 min walk	Rest	5 mins walk 20 min jog 5 min walk	5 min walk 10 min jog 5 min walk	5 mins walk 25 min jog 5 min walk	55 - 60 mins walk
7	5 min walk 10 min jog 5 min walk	5 mins walk 30 min jog 5 min walk	Rest	5 mins walk 20min jog 5 min walk	5 min walk 10 min jog 5 min walk	5 mins walk 30 min jog 5 min walk	60 mins walk
8	5 min walk 10 min jog 5 min walk	5 mins walk 30 min jog 5 min walk	5 mins walk 20 min jog 5 min walk	Rest	Rest	Rest	5k Race