

	Monday Strength	Tuesday Short Run/Walk	Wednesday	Tuesday Intervals	Thursday Strength	Friday Short Run/Walk	Saturday	Sunday Long Run
Week 1	Strength / Gym	Walk 5min; 8 x (1min walk / 1min run) 3min walk Easy pace: Max 6/10 effort			Strength / Gym			Walk 10min; Run 1-2km; Walk 10min
Week 2	Strength / Gym	Walk 5min; 10 x (1min walk / 1min run)			Strength / Gym	Walk 10min; 6 x (1min Run / 1min Walk)		Walk 10min; Run 1-2km; Walk 10min
Week 3	Strength / Gym	Walk 5min; 6 x (2min run / 1min walk) 5min walk			Strength / Gym	Walk 10min; 4 x 2min run / 2min walk) 5min walk		2km run; 5min walk; 1km Run
Week 4	Strength / Gym	Jog 5min; 6 x Run 3min run / 1min walk); 5min walk		Walk 5min; Jog 2min; 8 x 100m on 1min cycle (fast /effort) Walk 10min		Bike (optional) 20-25min easy		2.5-3km run; 5min walk; 2.5-3km run
Week 5	Strength / Gym	Jog 5min; 3km run; 5min walk		5min jog; 6 x 200m on 3min (fast); Walk 5-10min	Strength / Gym			3min walk, 3min jog; 3.5 – 4km run (if you need to have walk

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Beginners 5km Running Program

								breaks do so but try to limit waling where possible) 5min walk
Week 6	Strength / Gym	Jog 5min – gradually increasing pace to a easy run; 4 x (1km / 400m walk)		5min Jog; 2 x (2 x 400m fast / 200m walk) – 2min standing rest between set 1 and 2; Walk 5min		Optional: Bike / Walk 20-30min		3min Walk, 3min Jog; 4.5km run (easy); 5min Walk
Week 7	Strength / Gym	3km run – start easy and build to a little faster; 5min Walk		5min jog; 2 x (800m fast 3min rest between); 2 x (400m fast with 90sec rest between)	Strength / Gym	Optional: Bike / Walk 20-30min		5min Walk, 2min jog; 3 x (1km / 500m walk)
Week 8		5min walk; 3km easy (include 2 x 1min fast efforts with 2min easy) 5min walk		Walk 5min; Jog 2min; 5 x 100m on 1min cycle (fast /effort); Walk 10min		Optional: Bike / Walk 20-30min		Race Day: Run well and Have fun!