

5K run: 7-week training schedule for beginners

Doing a 5K run can add a new level of challenge and interest to your exercise program. A 5K run is 3.1 miles and is a great distance for a beginner.

If you don't think a 5K seems possible or you don't think you have enough time or energy, this 5K schedule may help you. It includes several short sessions during the week of only about 30 minutes each. Give it a try and you might just meet your goal and finish a 5K.

This 5K training schedule includes a mix of running, walking and resting. This combination helps reduce the risk of injury, stress and fatigue while boosting your enjoyment of physical activity. Remember, you can run or walk slowly to help your body adjust to this 5K training schedule.

If you'd like to choose a different exercise instead of walking on the walking days, you can try cross-training and do alternative exercises such as water running, cycling or rowing.

	M	T	W	T	F	S	S
Wk 1	Run 15 sec/walk 45 sec 30mins	Walk 30mins	Run 15 sec/walk 45sec 30mins	Walk 30mins	Rest	Run 15sec /walk 45 sec 3miles (4.8Km)	Rest or Walk
Wk 2	Run 15 sec/walk 45 sec 30mins	Walk 30mins	Run 15 sec/walk 45 sec 30mins	Walk 30mins	Rest	Run 15sec /walk 45 sec 3.5miles (5.6Km)	Rest or Walk
Wk 3	Run 20 sec/walk 40 sec 30mins	Walk 30mins	Run 20 sec/walk 40 sec 30mins	Walk 30mins	Rest	Run 20sec /walk 40 sec 2miles (3.2Km)	Rest or Walk
Wk 4	Run 20 sec/walk 40 sec 30mins	Walk 30mins	Run 20 sec/walk 40 sec 30mins	Walk 30mins	Rest	Run 20sec /walk 40 sec 4miles (6.4Km)	Rest or Walk
Wk 5	Run 25 sec/walk 35 sec 30mins	Walk 30mins	Run 25 sec/walk 35 sec 30mins	Walk 30mins	Rest	Run 25 sec /walk 35 sec 2miles (3.2Km)	Rest or Walk
Wk 6	Run 25 sec/walk 35 sec 30mins	Walk 30mins	Run 25 sec/walk 35 sec 30mins	Walk 30mins	Rest	Run 25 sec /walk 35 sec 4.5miles (7.2Km)	Rest or Walk
Wk 7	Run 30 sec/walk 30 sec 30mins	Walk 30mins	Run 30 sec /walk 30 sec 4.5miles (7.2Km)	Walk 30mins	Rest	Rest	Race Day

Top tips for everyone

- Wear comfy shoes and make sure your feet are well supported.
- If you're a beginner, increase the time you exercise for gradually.
- Ring fence training times in your diary and think about when the best time is for you to train.
- Whether you walk, run or dance, go at a conversational pace.
- Remember to warm up and cool down before and after any exercise.
- Your body will adapt to training more quickly and you will feel you have more energy for your runs if your nutrition is fueling your training effectively.
- Make sure you get enough sleep. Banish smart phones and tablets from the bedroom and try to avoid caffeine and alcohol late at night. You'll wake up feeling fresh and training will feel that bit easier!
- It's important to stay hydrated before, during and after exercise.
- Remember to stay sun smart when you're training and keep covered up.