



5K BEGINNER TRAINING PLAN

This schedule is suitable for those who are new to running. You can complete the sessions on road, though we recommend you run off-road too (in parkland, forests, etc) to get used to the terrain of the Focus 5k.

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----|--------|---------|---------------------------------|----------|--|----------|---------------------------------|
| 06 | REST | REST | RUN 1 MIN WALK 1 MIN x10 | REST | RUN 2 MINS WALK 4 MINS x5 | REST | RUN 2 MINS WALK 4 MINS x5 |
| 05 | REST | REST | RUN 3 MINS WALK 3 MINS x4 | REST | RUN 3 MINS WALK 3 MINS x4 | REST | RUN 5 MINS WALK 3 MINS x3 |
| 04 | REST | REST | RUN 7 MINS WALK 2 MINS x3 | REST | RUN 8 MINS WALK 2 MINS x3 | REST | RUN 8 MINS WALK 2 MINS x3 |
| 03 | REST | REST | RUN 8 MINS WALK 2 MINS x3 | REST | RUN 10 MINS WALK 2 MINS x2 THEN RUN 5 MINS TO END | REST | RUN 8 MINS WALK 2 MINS x3 |
| 02 | REST | REST | RUN 9 MINS WALK 1 MIN x3 | REST | RUN 12 MINS WALK 2 MINS x2 THEN RUN 5 MINS TO END | REST | RUN 8 MINS WALK 2 MINS x3 |
| 01 | REST | REST | RUN 15 MINS WALK 1 MIN x2 | REST | RUN 8 MINS WALK 2 MINS x3 | REST | RACE DAY! |