



Robin Run 5K Beginners Training Plan

Congratulations on registering for the Robin Run 5K Run, it is great to have you onboard!

Do you want to build up to running the 5K distance on the 19th May, but not sure where to start?

Whether you are starting from scratch, or building up again following an injury or a pause in running, here is a **beginners training plan** to help you to build your fitness, and take you from couch to 5K in just six weeks. The plan will gradually increase your time spent running to make you will feel confident on the big day. Remember to start slowly, go your own pace and good luck!

If you want to start 6 weeks before then the first day you need to run is April 8th!

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	Rest	R 1 min W 1 min Repeat x 10	Rest	R 2 min W 4 min Repeat x 5	Rest	Rest	R 2 min W 4 min Repeat x 5
2	Rest	R 3 min W 3 min Repeat x 4	Rest	R 3 min W 3 min Repeat x 4	Rest	Rest	R 5 min W 3 min Repeat x 3
3	Rest	R 7 min W 2 min Repeat x 3	Rest	R 8 min W 2 min Repeat x 3	Rest	Rest	R 8 min W 2 min Repeat x 3
4	Rest	R 8 min W 2 min Repeat x 3	Rest	R 10 min W 2 min Repeat x 2 R 5 mins	Rest	Rest	R 8 min W 2 min Repeat x 3
5	Rest	R 9 min W 1 min Repeat x 3	Rest	R 12 min W 2 min Repeat x 2 R 5 mins	Rest	Rest	R 8 min W 2 min Repeat x 3
6	Rest	R 15 min W 1 min Repeat x 2	Rest	R 8 min W 2 min Repeat x 3	Rest	Rest	5K race! (19 th May)

KEY: R - Run, W – Walk