

Beginner's Walk to Run 5k Programme

This programme is designed for you to take you from a beginner to being able to complete a 5k. The programme has been created with a mix of walking and running activities to cater to all abilities to help you achieve your goal.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest	Run 1 min, Walk 2 mins Repeat 6 times	Rest	Run 1 min, walk 2 mins Repeat 6 times	Rest	Run 1 min, walk 1 min Repeat 10 times	Rest
Week 2	Rest	Run 2 min, walk 2 to 4 mins Repeat 5 times	Rest	Run 1 min, walk 1 mins Repeat 10 times	Rest	Run/Walk 1.5km (little less than 1 mile)	Rest
Week 3	Rest	Run 3 min, walk 3 mins Repeat 4 times	Rest	Run 3 min, walk 3 mins Repeat 4 times	Rest	Run 3 mins, walk 1-3 mins Repeat 5 times	Rest
Week 4	Rest	Run 5 min, walk 3 mins Repeat 3 times	Rest	Run 5 min, walk 3 mins Repeat 3 times	Rest	Run/Walk 1.5KM Try it twice	Rest
Week 5	Rest	Run 7 min, walk 2 mins Repeat 3 times	Rest	Run 7 min, walk 2 mins Repeat 3 times	Rest	Run 8 mins, walk 2 mins Repeat 3 times	Rest
Week 6	Rest	Run 8 min, walk 2 mins Repeat 3 times	Rest	Run 10 min, walk 2 mins Repeat 2 times	Rest	Run/Walk 3km	Rest
Week 7	Rest	Run 12 min, walk 2 mins Repeat 2 times	Rest	Run 12min, walk 2 mins Repeat 2 times	Rest	Run 3Km (just under 2 miles)	Rest
Week 8	Rest	Run 15 min, walk 1- 3 mins Repeat 2 times	Rest	Run 15 min, walk 1- 3 mins Repeat 2 times	Rest	Complete your 5k Day!	Rest