

# 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	<b>RACE DAY!</b>