

# Beginners 5km ( 7 week ) schedule



This schedule is generally aimed at individuals already doing a little running approx. 1-2 times per week. You should already be capable of running for 20mins continuously &/or previously completed our 'Get into Running' 6 week schedule which is aimed at those who are starting with no recent running experience. The idea is run at least twice (potentially 3 times) per week one of which is the LMR group session or scheduled session on the Saturday morning.

Wks to go	Mon	Tue	Wed	Thu	Fri	Sat	Sun
7	20' very easy run or some form of cross training for the allotted time	Rest or core/strength & conditioning	20' easy aerobic run	Rest or core/strength & conditioning	complete rest day	LMR GROUP or 8-10 x 1' effort, 2' walk/easy jog.	Rest day or easy cross train (e.g. walk/cycle/swim)
6	20' easy aerobic run or cross train	Rest or core/strength & conditioning	20' easy aerobic run	Rest or core/strength & conditioning	complete rest day	LMR GROUP or 7 x 2' efforts off 2min walk.	Rest day or easy cross train (e.g. walk/cycle/swim)
5	20' very easy run or cross train	Rest or core/strength & conditioning	25' easy aerobic run	Rest or core/strength & conditioning	complete rest day	LMR GROUP or 5 x 4' efforts with a 2' rest.	Rest day or easy cross train (e.g. walk/cycle/swim)
4	25' easy aerobic run or cross train	Rest or core/strength & conditioning	25' easy aerobic run	Rest or core/strength & conditioning	complete rest day	LMR GROUP or 3 x 8' efforts with 3' rest.	Rest day or easy cross train (e.g. walk/cycle/swim)
3	20' very easy run or Cross train	Rest or core/strength & conditioning	30' easy aerobic run	Rest or core/strength & conditioning	complete rest day	LMR GROUP or 12' effort, 5' rest, 12' effort, 4' rest, 6' effort.	Rest day or easy cross train (e.g. walk/cycle/swim)
2	30' easy aerobic run or cross train	Rest or core/strength & conditioning	35' easy aerobic	Rest or core/strength & conditioning	complete rest day	LMR GROUP or 25min moderate effort 4-5' rest, 5min effort	Rest day or easy cross train (e.g. walk/cycle/swim)
1	20' very easy run or Cross train	Rest or core/strength & conditioning	8 x 1' moderate efforts with 1' walk break	complete day off	complete rest day	Runway Run 5km	Rest day

\*Make sure to perform a dynamic warm up before each training session, before Saturday training make sure to also include some easy jogging for 5-10mins too. If you opt to join our group sessions we will take you through a range of drills and exercises over the weeks to keep this not only varied but work towards improving movement and technique.

See over leaf for details about colour coded reference on the training plan.

LMR (Beginners to Intermediate) reference guide	approx % max hr	Details/how it should generally feel
Very easy running	65% or below	Easy effort which can aid recovery from harder trainer in experienced runners but for less experienced runners will aid building time on feet and help develop and maintain your endurance.
Easy aerobic running	65 to 75%	Will help build aerobic endurance - an intensity where you can still maintain conversation whilst running. Beginners will find this more challenging whilst developing the muscular endurance associated with running longer, however if in doubt slow down.
Moderate running	76 to 82%	Slightly faster/more challenging than the easy aerobic zone but will provide more a more challenging endurance stimulus. Should still be able to hold conversation but will have to take more regular breaths compared with the aerobic endurance zone. Whilst a little more challenging it should NOT feel like it take you to your limit of what you are capable or leave you struggling to maintain the pace/speed.

These zones provide a rough guide to training intensity and effort associated with above schedule, they should be used purely as guide.