

Training Plan Summary

My plan: **5K to 10K**

End date: **05/08/2010**

Level: **Beginner**

Distance: **5 K / 3.11 M**

The 5km road race is not to be taken lightly and is both a stern test of your fitness and your commitment to training. Covering 5km under your own steam is a fantastic achievement.

Who is this training plan for?

You are entering a 5km race for the first time.

Pace guide

Easy - Very relaxed and easy pace.

Steady - Controlled even pace.

Faster than easy but you're still able to chat with training partners at this speed.

Schedule

Week 1 | My training

Monday	10 mins easy run / walk
Tuesday	Rest
Wednesday	Rest
Thursday	15 mins easy run / walk
Friday	Rest
Saturday	Rest
Sunday	15 mins easy run / walk

Week 2 | My training

Monday	Rest
Tuesday	10 mins easy run / walk
Wednesday	Rest
Thursday	10 mins easy run
Friday	Rest
Saturday	15 mins easy run
Sunday	Rest

Week 3 | My training

Monday	Rest
Tuesday	15 mins easy run
Wednesday	Rest
Thursday	10 mins easy run
Friday	Rest
Saturday	20 mins easy run
Sunday	Rest

Week 4 | My training

Monday	Rest
Tuesday	15 mins easy run
Wednesday	Rest
Thursday	15 mins easy run
Friday	Rest
Saturday	20 mins easy run
Sunday	Rest

Week 5 | My training

Monday	Rest
Tuesday	20 mins easy run
Wednesday	Rest
Thursday	15 mins easy run
Friday	Rest
Saturday	Rest
Sunday	20 mins easy run

Week 6 | My training

Monday	Rest
Tuesday	15 mins easy run
Wednesday	Rest
Thursday	15 mins easy run
Friday	Rest
Saturday	Rest
Sunday	25 mins easy run

Week 7 | My training

Monday	Rest
Tuesday	15 mins easy run
Wednesday	Rest
Thursday	15 mins steady run
Friday	Rest
Saturday	Rest
Sunday	25 mins easy run

Week 8 | My training

Monday	Rest
Tuesday	15 mins steady run
Wednesday	Rest
Thursday	15 mins easy run
Friday	Rest
Saturday	20 mins easy run
Sunday	Rest

Week 9 | My training

Monday	Rest
Tuesday	20 mins easy run
Wednesday	Rest
Thursday	10 mins easy run
Friday	Rest
Saturday	Rest
Sunday	5km race with easy warm up and cool down