

# NORTHERN RUNNING GUIDE

## 5K Training Schedule

You'd like to start running for fitness and fun but you're not sure if you can do it. Our beginners schedule will get you started and prepare you for a 5K race in 10 weeks. A little and often is the key advice - follow it (and the schedule) and you will be race ready in no time!

### 10 WEEKS UNTIL RACE DAY

|              |   |              |  |              |  |                                     |
|--------------|---|--------------|--|--------------|--|-------------------------------------|
| MON:<br>REST | TUES:<br>Run 60<br>seconds,<br>walk 3<br>minutes.<br>Repeat X 3 | WED:<br>REST | THURS:<br>Run 60<br>seconds,<br>walk 3<br>minutes.<br>Repeat X 3 | FRI:<br>REST | SAT:<br>Run 60<br>seconds,<br>walk 3<br>minutes.<br>Repeat X 3 | SUN:<br>30<br>minute<br>brisk Walk. |
|--------------|---|--------------|--|--------------|--|-------------------------------------|

### 9 WEEKS UNTIL RACE DAY

|              |   |              |  |              |  |                                     |
|--------------|---|--------------|--|--------------|--|-------------------------------------|
| MON:<br>REST | TUES:<br>Run 60<br>seconds,<br>walk 2<br>minutes.<br>Repeat X 5 | WED:<br>REST | THURS:<br>Run 60<br>seconds,<br>walk 2<br>minutes.<br>Repeat X 5 | FRI:<br>REST | SAT:<br>Run 60<br>seconds,<br>walk 2<br>minutes.<br>Repeat X 5 | SUN:<br>30<br>minute<br>brisk Walk. |
|--------------|---|--------------|--|--------------|--|-------------------------------------|

### 8 WEEKS UNTIL RACE DAY

|              |   |              |  |              |  |                                     |
|--------------|---|--------------|--|--------------|--|-------------------------------------|
| MON:<br>REST | TUES:<br>Run 60<br>seconds,<br>walk 2<br>minutes.<br>Repeat X 5 | WED:<br>REST | THURS:<br>Run 60<br>seconds,<br>walk 2<br>minutes.<br>Repeat X 5 | FRI:<br>REST | SAT:<br>Run 60<br>seconds,<br>walk 2<br>minutes.<br>Repeat X 5 | SUN:<br>30<br>minute<br>brisk Walk. |
|--------------|---|--------------|--|--------------|--|-------------------------------------|

### 7 WEEKS UNTIL RACE DAY

|              |   |              |  |              |  |                                     |
|--------------|---|--------------|--|--------------|--|-------------------------------------|
| MON:<br>REST | TUES:<br>Run 60<br>seconds,<br>walk 2<br>minutes.<br>Repeat X 7 | WED:<br>REST | THURS:<br>Run 60<br>seconds,<br>walk 2<br>minutes.<br>Repeat X 7 | FRI:<br>REST | SAT:<br>Run 60<br>seconds,<br>walk 2<br>minutes.<br>Repeat X 7 | SUN:<br>40<br>minute<br>brisk Walk. |
|--------------|---|--------------|--|--------------|--|-------------------------------------|

### 6 WEEKS UNTIL RACE DAY

|              |   |              |  |              |  |                                     |
|--------------|---|--------------|--|--------------|--|-------------------------------------|
| MON:<br>REST | TUES:<br>Run 60<br>seconds,<br>walk 2<br>minutes.<br>Repeat X 8 | WED:<br>REST | THURS:<br>Run 60<br>seconds,<br>walk 2<br>minutes.<br>Repeat X 8 | FRI:<br>REST | SAT:<br>Run 60<br>seconds,<br>walk 2<br>minutes.<br>Repeat X 8 | SUN:<br>40<br>minute<br>brisk Walk. |
|--------------|---|--------------|--|--------------|--|-------------------------------------|

## 5 WEEKS UNTIL RACE DAY

|              |  |              |   |              |   |                                     |
|--------------|--|--------------|---|--------------|---|-------------------------------------|
| MON:<br>REST | TUES:<br>Run 2<br>minutes,<br>walk 2<br>minutes.<br>Repeat X 6 | WED:<br>REST | THURS:<br>Run 2<br>minutes,<br>walk 2<br>minutes.<br>Repeat X 6 | FRI:<br>REST | SAT:<br>Run 2<br>minutes,<br>walk 2<br>minutes.<br>Repeat X 6 | SUN:<br>40<br>minute<br>brisk Walk. |
|--------------|--|--------------|---|--------------|---|-------------------------------------|

## 4 WEEKS UNTIL RACE DAY

|              |  |              |   |              |   |                                     |
|--------------|--|--------------|---|--------------|---|-------------------------------------|
| MON:<br>REST | TUES:<br>Run 2<br>minutes,<br>walk 2<br>minutes.<br>Repeat X 7 | WED:<br>REST | THURS:<br>Run 2<br>minutes,<br>walk 2<br>minutes.<br>Repeat X 7 | FRI:<br>REST | SAT:<br>Run 2<br>minutes,<br>walk 2<br>minutes.<br>Repeat X 7 | SUN:<br>50<br>minute<br>brisk Walk. |
|--------------|--|--------------|---|--------------|---|-------------------------------------|

## 3 WEEKS UNTIL RACE DAY

|              |  |              |   |              |   |                                     |
|--------------|--|--------------|---|--------------|---|-------------------------------------|
| MON:<br>REST | TUES:<br>Run 3<br>minutes,<br>walk 2<br>minutes.<br>Repeat X 6 | WED:<br>REST | THURS:<br>Run 3<br>minutes,<br>walk 2<br>minutes.<br>Repeat X 6 | FRI:<br>REST | SAT:<br>Run 3<br>minutes,<br>walk 2<br>minutes.<br>Repeat X 6 | SUN:<br>50<br>minute<br>brisk Walk. |
|--------------|--|--------------|---|--------------|---|-------------------------------------|

## 2 WEEKS UNTIL RACE DAY

|              |  |              |  |              |  |                                     |
|--------------|--|--------------|--|--------------|--|-------------------------------------|
| MON:<br>REST | TUES:<br>Run 3<br>minutes,<br>walk 2<br>minutes.<br>Repeat X 6 | WED:<br>REST | THURS:<br>Run 3<br>minutes,<br>walk 1<br>minute.<br>Repeat X 8 | FRI:<br>REST | SAT:<br>Run 3<br>minutes,<br>walk 1<br>minute.<br>Repeat X 8 | SUN:<br>60<br>minute<br>brisk Walk. |
|--------------|--|--------------|--|--------------|--|-------------------------------------|

## 1 WEEK UNTIL RACE DAY

|              |   |              |  |              |              |                   |
|--------------|---|--------------|--|--------------|--------------|-------------------|
| MON:<br>REST | TUES:<br>Run 3<br>minutes,<br>walk 1<br>minute.<br>Repeat X 8 | WED:<br>REST | THURS:<br>Run 3<br>minutes,<br>walk 1<br>minute.<br>Repeat X 8 | FRI:<br>REST | SAT:<br>REST | SUN:<br>RACE DAY! |
|--------------|---|--------------|--|--------------|--------------|-------------------|