Beginners 5k training plan

jigsaw south east

	Week 1	Week 2	Week 3	Week 4	Week 5
Run 1	Warm up: 5 mins walk Run: 1 min Walk: 1 min 30 secs Repeat: 7 times Final run: 1 min Cool-down: 5 Mins walk	Warm up: 5 mins walk Run: 1 min 30 secs Walk: 2 mins Repeat: 5 times Final run: 1 min 30 secs Cool-down: 5 mins walk	Warm up: 5 mins walk Run: 1 min 30 secs Walk: 1 min 30 secs Run: 3 mins Walk: 3 mins Run: 1 min 30 secs Walk 1 min 30 secs Final run: 3 mins Cool-down: 5 mins walk	Warm up: 5 mins walk Run: 3 mins Walk: 1 min 30 secs Run: 5 mins Walk: 2 mins 30 secs Run: 3 mins Walk: 1 min 30 secs Final run: 5 Mins Cool-down: 5 mins walk	Warm up: 5 mins walk Run: 5 mins Walk: 3 mins Run: 5 mins Walk: 3 mins Final run: 5 mins Cool-down: 5 mins walk
Run 2	Repeat week 1 Run 1	Repeat week 2 run 1	Repeat week 3 run 1	Repeat week 4 run 1	Warm up: 5 mins walk Run: 8 mins Walk: 5 mins Final run: 8 mins Cool down: 5 mins walk
Run 3	Repeat week 1 Run 1	Repeat week 2 run 1	Repeat week 3 run 1	Repeat week 4 run 1	Warm up: 5 mins walk Run: 20 mins Cool down: 5 mins walk

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	Week 6	Week 7	Week 8	Week 9
Run 1	Warm up: 5 mins walk Run: 5 mins Walk: 3 mins Run: 8 mins Walk: 3 mins final run: 5 mins Cool down: 5 mins walk	Warm up: 5 mins walk Run: 25 mins Cool down: 5 mins walk	Warm up: 5 mins walk Run: 28 mins Cool down: 5 mins walk	Warm up: 5 mins walk Run: 30 mins Cool down: 5 mins walk
Run 2	Warm up: 5 mins walk Run: 10 mins Walk: 3 mins Final run: 10 mins Cool down: 5 mins walk	Repeat week 7 run 1	Repeat week 8 run 1	Repeat week 9 run 1
Run 3	Warm up: 5 mins walk Run: 25 mins Cool down: 5 mins walk	Repeat week 7 run 1	Repeat week 8 run 1	Repeat week 9 run 1

Experience the atmosphere at a 5k charity run and raise money for Jigsaw South East

www.jigsawsoutheast.org.uk/challenge-events

fundraising@jigsawsoutheast.org.uk

Registered Charity: 1147696