



5K for beginners

12 WEEK TRAINING PLAN



**CURLY'S
ATHLETES**

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Welcome to your first 5k training plan! (maybe it's your first ever, or maybe returning after a long time away).

The following will take you through a gradual training programme to your first 5k in 12 weeks... to start, here's some top tips:

EASY effort... we know it won't feel easy all the time, but be sure not to set off too quickly on your training sessions. We want to slowly build you as a runner... it helps reduce injury risk, increase enjoyment and you're more likely to stick at it!

Find a friend... it's always nice to have someone join you on the same journey. Of course you should also join our running community on Facebook and you'll find lots of runners / non runners at different stages of their journey.

Tell people what you're doing 😊 friends, family and work colleagues. Don't worry it's not about 'showing off' but you might just open the door for someone else to start walking, jogging or running 😊 ... who knows some may even join you 😊

You're AWESOME... so be patient. Physical activity is a miracle drug, it's going to have a great impact on your mental and physical health... but it will take time, so don't give up and hang on in there. We hope you'll enjoy running for many years to come 😊



... it's all about the first step!

WEEK 1

MONDAY

10 minute
walk

TUESDAY

REST

WEDNESDAY

10 minute
walk

THURSDAY

REST

FRIDAY

10 minute
walk

SATURDAY

REST

SUNDAY

10 minute
walk

WEEK 2

MONDAY

REST

TUESDAY

15 minute
walk

WEDNESDAY

REST

THURSDAY

15 minute
walk

FRIDAY

REST

SATURDAY

15 minute
walk

SUNDAY

REST



WEEK 3

MONDAY

15 minute
walk

TUESDAY

REST

WEDNESDAY

15 minute
walk

THURSDAY

REST

FRIDAY

15 minute
walk

SATURDAY

REST

SUNDAY

20 minute
walk

WEEK 4

MONDAY

REST

TUESDAY

4 X (walk 3
min, jog 30
sec)

WEDNESDAY

REST

THURSDAY

4 X (walk 3
min, jog 30
sec)

FRIDAY

REST

SATURDAY

4 X (walk 3
min, jog 30
sec)

SUNDAY

REST

WEEK 5

MONDAY

4 X (walk 2
min, jog 1
min)

TUESDAY

REST

WEDNESDAY

5 X (walk 2
min, jog 1
min)

THURSDAY

REST

FRIDAY

6 X (walk 2
min, jog 1
min)

SATURDAY

REST

SUNDAY

REST



WEEK 6

MONDAY

REST

TUESDAY

4 X (walk 3
min, jog 30
sec)

WEDNESDAY

REST

THURSDAY

5 X (walk 3
min, jog 30
sec)

FRIDAY

REST

SATURDAY

6 X (walk 3
min, jog 30
sec)

SUNDAY

REST

WEEK 7

MONDAY

Walk for 10
minutes

TUESDAY

REST

WEDNESDAY

Walk for 10
minutes

THURSDAY

REST

FRIDAY

Walk 15
minutes

SATURDAY

REST

SUNDAY

REST

WEEK 8

MONDAY

REST

TUESDAY

4 X (Walk 1
min, Jog 3
min)

WEDNESDAY

REST

THURSDAY

5 X (Walk 1
min, Jog 3
min)

FRIDAY

REST

SATURDAY

2 X (walk 1
min, jog 3
min)

SUNDAY

REST



WEEK 9

MONDAY

REST

TUESDAY

4 X (Walk 1
min, Jog 4
min)

WEDNESDAY

REST

THURSDAY

5 X (Walk 1
min, Jog 4
min)

FRIDAY

REST

SATURDAY

REST

SUNDAY

Walk 1
minute, jog
2K, walk 1
minute, jog
1K

WEEK 10

MONDAY

4 X (Walk 1
min, Jog 5
min)

TUESDAY

REST

WEDNESDAY

5 X (Walk 1
min, Jog 5
min)

THURSDAY

REST

FRIDAY

Walk 15
minutes

SATURDAY

Walk 1
minute, jog
2K, walk 30
seconds, jog
1K

SUNDAY

REST

WEEK 11

MONDAY

4 X (Walk 1
min, Jog 5
min)

TUESDAY

REST

WEDNESDAY

5 X (Walk 1
min, Jog 5
min)

THURSDAY

REST

FRIDAY

Walk 15
minutes

SATURDAY

Walk 1
minute, jog
2K, walk 30
seconds, jog
1K

SUNDAY

REST

WEEK 12

MONDAY

REST

TUESDAY

2 X (Walk 1
min, Jog 8
min)

WEDNESDAY

REST

THURSDAY

Warm up,
jog for 10
min, rest 1
min, jog 10
min

FRIDAY

REST

SATURDAY

REST

SUNDAY

Walk, jog,
run 5K this
weekend

