



# Beginner 5km programme

This running programme is for you if you'd like to run 5km as part of an organised race or simply to challenge yourself. It's a great way to get you started if you're not a regular runner. And even if you don't have an event in mind, it will help you increase your fitness.

Use this alongside our 5km training webpage: [www.raceme.ae/training/5km](http://www.raceme.ae/training/5km). The effort levels described here correspond to the 'Activity' column. The programme involves episodes of walking and running. The runs should be done at a 'light to moderate' pace, or effort level 5–6. The recovery walks should be at effort level 3–4, to allow your heart rate and breathing to slow down before the next run.

On your long Sunday runs, try and keep to a slow, steady pace so you don't have to walk. If you need to, walk for two minutes to recover, and then start running again. If you're struggling with the week-to-week rise in intensity, feel free to repeat a week as often as needed to be comfortable.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest	Easy run 1 min, walk 2 mins. Repeat 6 times	Rest	Easy run 1 min, walk 2 mins. Repeat 6 times	Rest	Rest	Easy run 1 min, walk 1 min. Repeat 10 times
Week 2	Rest	Easy run 2 mins, walk 2 to 4 mins. Repeat 5 times	Rest	Easy run 1 min, walk 1 min. Repeat 10 times	Rest	Rest	Long run: 1.5km (try not to walk if you can)
Week 3	Rest	Easy run 3 mins, walk 3 mins. Repeat 4 times	Rest	Easy Run 3 mins, walk 3 mins. Repeat 4 times	Rest	Rest	Easy run 3 mins, walk 1 to 3 mins. Repeat 5 times
Week 4	Rest	Easy run 5 mins, walk 3 mins. Repeat 3 times	Rest	Easy run 5 mins, walk 3 mins. Repeat 3 times	Rest	Rest	Long run: 2km
Week 5	Rest	Easy run 7 mins, walk 2 mins. Repeat 3 times	Rest	Easy run 7 mins, walk 2 mins. Repeat 3 times	Rest	Rest	Long run: 2km
Week 6	Rest	Easy run 8 mins, walk 2 mins. Repeat 3 times	Rest	Easy run 10 mins, walk 2 mins. Repeat 2 times	Rest	Rest	Long run: 3km
Week 7	Rest	Easy run 12 mins, walk 2 mins. Repeat 2 times	Rest	Easy run 12 mins, walk 2 mins. Repeat 2 times	Rest	Rest	Long run: 3km
Week 8	Rest	Easy run 15 mins, walk 1 to 3 mins. Repeat 2 times	Rest	Easy run 15 mins, walk 1 to 3 mins. Repeat 2 times	Rest	Rest	Long run: 5km (or RACE!)

