



5km walk to run

This programme is for you if you don't currently exercise and you'd like to get into a more active lifestyle. If you're not sure you're able to run, this is for you – it's a very gentle introduction to jogging and running. It's designed to allow you to repeat any of the weeks as often as you need until you feel ready to move up to the next week's training.



Use this alongside our 5km training webpage: www.raceme.ae/training/5km
The effort levels described here correspond to the 'Activity' column.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest	Rest	15 mins walk	Rest	20 mins fast walk	Rest	30 secs light jog or fast walk, walk until you feel recovered. Repeat 6 to 10 times
Week 2	Rest	Rest	30 secs light jog or fast walk, 1 min walk. Repeat 6 to 8 times	Rest	1 min light jog or fast walk, 1 min walk. Repeat 6 to 8 times	Rest	90 secs light jog or fast walk, 1 min walk. Repeat 6 to 8 times
Week 3	Rest	Rest	2 mins light jog or fast walk, 2 mins walk. Repeat 6 times	Rest	2 mins light jog or fast walk, 2 mins walk. Repeat 8 times	Rest	3 mins light jog or fast walk, 2 mins walk. Repeat 5 times
Week 4	Rest	Rest	3 mins light jog or fast walk, 2 mins walk. Repeat 7 times	Rest	3 mins light jog or fast walk, 90 secs walk. Repeat 5 times	Rest	4 mins light jog or fast walk, 2 mins walk. Repeat 5 times
Week 5	Rest	Rest	5 mins jog or fast walk, 3 mins walk. Repeat 4 times	Rest	10 mins jog or fast walk, 5 mins walk. Repeat 2 times	Rest	7 mins jog or fast walk, 3 mins walk. Repeat 4 times
Week 6	Rest	Rest	7 mins jog or fast walk, 3 mins walk. Repeat 5 times	Rest	10 mins jog or fast walk, 5 mins walk. Repeat 2 times	Rest	10 mins jog or fast walk, 5 mins walk. Repeat 2 times
Week 7	Rest	Rest	10 mins jog or fast walk, 2 mins walk. Repeat 2 times	Rest	15 mins jog or fast walk, 5 mins walk, 10 mins jog	Rest	20 mins jog or fast walk
Week 8	Rest	Rest	20 mins jog or fast walk	Rest	25 mins jog or fast walk	Rest	25 mins jog or fast walk

