

RUSSELL RUN CLUB

LEARN TO RUN

or Return

8 Week Beginner 5 km Training Plan

Week	Day 1	Day 2 (Clinic Day)	Day 3	Day 4 (Weekend Long Run)
1	15 - 20' Easy Run	15 - 20' Easy Run	15 - 20' Easy Run	20' Easy Run
2	15 - 20' Easy Run	15 - 20' Easy Run	15 - 20' Easy Run	20' Easy Run
3	20' Easy Run	20 - 25' Easy Run	20' Easy Run	25' Easy Run
4	20' Easy Run	Fartleks 10' Warm up 10' Alternating 1' fast and 3' easy 5' Cool Down	20' Easy Run	25' Easy Run
5	25' Easy Run	Fartleks 10' Warm up 10' Alternating 1' fast and 2' easy 5' Cool Down	25' Easy Run	30' Easy Run
6	25' Easy Run	Fartleks 10' Warm up 15' Alternating 1' fast and 2' easy 5' Cool Down	25' Easy Run	30' Easy Run
7	30' Easy Run	Fartleks 10' Warm up 10' Alternating 1' fast and 1' easy 5' Cool Down	30' Easy Run	35' Easy Run
8	30' Easy Run	Fartleks 10' Warm up 15' Alternating 1' fast and 1' easy 5' Cool Down	30' Easy Run	40' Easy Run

Notes

- Aim to run 3–4 times per week (max 6). Running on consecutive days is okay, but avoid more than 2 days in a row right now. If you want to stay active on non-running days, consider cross-training (cycling, swimming, strength work, etc.).
- EASY RUN: Run at a pace or effort that you are able to hold a conversations . If you are huffing & puffing you are going too fast.
- FARTLEKS is Swedish for speed play. This workout is an easy run with a few short burst of faster running thrown in, Avoid going to hard. Fast enough that you feel strong and in control. Have fun.
- One day a week - usually a weekend - is designated for a Long Run. This is the longest run of the week which helps work on endurance.