

# 5K TRAINING PLAN



ABSOLUTE BEGINNER



4 WEEK PROGRAMME



TO RUN 5K NON STOP



TRACK ON STRAVA

1. DOWNLOAD STRAVA TO YOUR PHONE
2. FIND THE **MARSDEN RACERS 5K CLUB** ON STRAVA AND JOIN
3. TRACK EACH OF YOUR SESSIONS
4. ENCOURAGE OTHERS AND GET ADVICE FROM OUR COACHES



	WEEK ONE	WEEK TWO	WEEK THREE	WEEK FOUR
MON	REST	REST	REST	REST
TUES	<b>CLUB NIGHT</b> 30 MIN RUN 3 MINUTES WALK 30 SECONDS	<b>CLUB NIGHT</b> 30 MIN RUN 4 MINUTES WALK 30 SECONDS	<b>CLUB NIGHT</b> 30 MIN RUN 5 MINUTES WALK 30 SECONDS	<b>CLUB NIGHT</b> 30 MIN RUN 9 MINUTES WALK 30 SECONDS
WEDS	<b>BEGINNERS S&amp;C</b>	<b>BEGINNERS S&amp;C</b>	<b>BEGINNERS S&amp;C</b>	<b>BEGINNERS S&amp;C</b>
THUR	<b>SPEED</b> 30 MIN SPRINT 30 SEC JOG 4 MINS	<b>SPEED</b> 30 MIN SPRINT 30 SEC JOG 3 MINS	<b>SPEED</b> 30 MIN SPRINT 30 SEC JOG 2 MINS	<b>SPEED</b> 30 MIN SPRINT 30 SEC JOG 1.5 MINS
FRI	REST	REST	REST	REST
SAT	<b>BOOTCAMP</b> 1 HOUR VARIOUS CLUB EXERCISES	<b>BOOTCAMP</b> 1 HOUR VARIOUS CLUB EXERCISES	<b>BOOTCAMP</b> 1 HOUR VARIOUS CLUB EXERCISES	<b>BOOTCAMP</b> 1 HOUR VARIOUS CLUB EXERCISES
SUN	<b>NON-STOP</b> 10 MINS STEADY PACE MAKE SURE NOT TO STOP RUNNING	<b>NON-STOP</b> 15 MINS STEADY PACE MAKE SURE NOT TO STOP RUNNING	<b>NON-STOP</b> 20 MINS STEADY PACE MAKE SURE NOT TO STOP RUNNING	<b>5K RUN</b> NON STOP COMPLETE THE FULL 5K