

Welcome to the Learn-to-Run 5km training plan!

Instructions:

- Each workout is a run/walk workout. For example - on day 1 of week 1: run 2 minutes then walk 2 minutes then run 2 minutes then walk 2 minutes... keep repeating this until you have done this 5 times.
- Try to run for four days each week, but it doesn't matter which days of the week you do them on.
- When you have completed one of the workouts, "check" it off in the box beside it to keep track of where you are in the training plan.

| Week | Day 1 | | Day 2 | | Day 3 | | Day 4 | |
|-----------|--|--|---|--|--|--|---|--|
| May 11-15 | Run 2 min/Walk 2 min Repeat 5 times | | Run 3 min/Walk 3 min Repeat 3 times | | Run 3 min/Walk 2 min Repeat 3 times | | Run 3 min/Walk 2 min Repeat 4 times | |
| May 18-22 | Run 4 min/Walk 3 min Repeat 3 times | | Run 5 min/Walk 3 min Repeat 3 times | | Run 3 min/Walk 2 min Repeat 4 times | | Run 7 min/Walk 3 min Repeat 3 times | |
| May 25-29 | Run 8 min/Walk 2 min Repeat 3 times | | Run 3 min/Walk 1 min Repeat 8 times | | Run 5 min/Walk 3 min Repeat 3 times | | Run 10 min/Walk 5 min Repeat 2 times | |
| June 1-5 | Run 7 min/Walk 2 min Repeat 4 times | | Run 12 min/Walk 3 min Repeat 2 times | | Run 3 min/Walk 1 min Repeat 8 times | | Run 15 min/Walk 2 min Repeat 2 times | |

Helpful Hints:

- Go at your own pace - a slow jog is the same as running!
- Over time, you will build up your stamina and be able to run for longer times and at faster paces.
- Run with your ipod or phone and a fun list of songs to keep you moving!
- Run with a family member to have someone to keep you company.
- If a particular workout feels really hard, you can always do it again before moving on to the next one!