RUNNING TO POWER HEART RESEARCH

5K running training plan for beginners

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	5 mins brisk walk + 15 min easy run + 5 mins brisk walk	30 min cross training + stretch	Rest	60 mins steady effort brisk walk + stretch	Rest	30 mins run/walk – walk 5 mins + run 5 mins and repeat x3 + stretch
2	Rest	5 mins brisk walk + 20 min easy run + stretch + 5 mins brisk walk + stretch	30 min cross training + stretch	Rest	60 mins steady effort brisk walk + stretch	Rest	30 mins run/walk – walk 5 mins + run 5 mins and repeat x3 + stretch
3	Rest	5 mins brisk walk + 20 min easy run + 5 mins brisk walk	30 min cross training + stretch	Rest	45 mins brisk walk + stretch	Rest	40 mins run/walk – walk 2 mins + run 8 mins and repeat x4 + stretch
4	Rest	Swim or Gym class	Rest	60 mins steady effort brisk walk + stretch	Rest	40 min easy effort run + stretch	Rest
5	Rest or Pilates/Yoga	30 mins run: 10 min easy effort + 10 mins steady effort + 10 mins easy + stretch	Rest	25 min easy run	60 mins steady effort brisk walk + stretch	Rest	45 mins run/walk – walk 5 mins + run 10 mins at steady effort + repeat x3 and stretch

FIGHT FOR EVERY HEARTBEAT

bhf.org.uk

© British Heart Foundation 2014, registered charity in England and Wales (225971) and in Scotland (SC039426)

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6	Pilates/Yoga	35 mins run: 10 min easy + 15 mins steady effort + 10 mins easy effort + stretch	Rest	30 min easy effort run + stretch	60 mins steady walk	Rest	60 mins run/walk: – walk 5 mins and run 10 mins at a steady effort and repeat x4 + stretch
7	Pilates/Yoga	40 mins run: 10 mins easy + 20 mins steady effort + 10 mins easy effort + stretch	Rest	20 mins easy effort run + stretch	45 mins brisk walk + stretch	Rest	30 mins steady effort run + stretch
8	Rest	20 mins easy effort run + stretch	Rest	15 mins easy run + stretch	Rest	Rest	**5km Race**

© British Heart Foundation 2014, registered charity in England and Wales (225971) and in Scotland (SC039426)