



5k

Beginner's 5K - Nine Week Training Programme



Before you start:

1. If you have any health concerns or conditions, consult with a healthcare professional before starting any new exercise programme.
2. Invest in a pair of good-quality running shoes that provide proper support and cushioning.
3. Always start with a 5–10-minute warm-up of light jogging or brisk walking.

Cross-training refers to engaging in various forms of exercise or physical activities beyond your primary or usual workout routine. In easy terms, it's like mixing up different types of exercises to get a well-rounded and balanced fitness routine. Instead of focusing solely on one type of activity, cross-training incorporates a variety of exercises, such as running, swimming, cycling, strength training, or even activities like yoga or dancing.

Weeks	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1-2 Building a Foundation	Brisk walk for 20-30 minutes at a comfortable pace	Run/walk intervals: 1 minute running, 2 minutes walking repeat for 20-30 minutes	Rest or light cross-training (e.g., cycling or swimming)	Brisk walk for 20-30 minutes	Run/walk intervals: 2 minutes running, 2 minutes walking - repeat for 20-30 minutes	Rest or light cross-training	Easy run for 20-30 minutes at a comfortable pace
3-4 Increasing Intensity	Brisk walk for 20-30 minutes	Run/walk intervals: 3 minutes running, 2 minutes walking - repeat for 25-35 minutes	Rest or light cross-training	Brisk walk for 20-30 minutes	Run/walk intervals: 4 minutes running, 2 minutes walking - repeat for 25-35 minutes	Rest or light cross-training	Easy run for 25-35 minutes at a comfortable pace
5-6 Preparing for Continuous Running	Brisk walk for 20-30 minutes	Run/walk intervals: 5 minutes running, 2 minutes walking - repeat for 30-40 minutes	Rest or light cross-training	Brisk walk for 20-30 minutes	Run/walk intervals: 7 minutes running, 2 minutes walking - repeat for 30-40 minutes	Rest or light cross-training	Continuous run for 30-40 minutes at a comfortable pace
7-9 Final Preparations	Brisk walk for 20-30 minutes	Continuous run for 40 minutes at a comfortable pace	Rest or light cross-training	Brisk walk for 20-30 minutes	Continuous run for 45 minutes at a comfortable pace	Rest or light cross-training	Final run: 5K distance. Run at a pace that feels challenging but sustainable



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Beginner's 5K - Nine Week Training Programme: **TIPS**



Listen to your body. If you experience pain please rest, and book into see us at the Marjon Sports Injury Clinic:

1. Pay attention to any discomfort, especially sharp or persistent pain.
2. Pain could indicate overuse or an underlying issue; rest allows your body to recover.
3. If pain persists, seeking professional advice, like at the Marjon Sports Injury Clinic, can provide personalized guidance and prevent potential injuries from worsening.



Gradually increase your running duration and intensity:

1. Consistency is key but avoid sudden jumps in distance or pace to prevent overtraining and injury.
2. Follow your training plan's progression, adding a small percentage of mileage each week.
3. Incorporate interval training for speed but balance it with recovery days for optimal adaptation.



Stay hydrated and fuel your body with nutritious food:

1. Proper hydration is essential for optimal performance and recovery. Drink water throughout the day.
2. Balanced nutrition with a mix of carbohydrates, proteins, and healthy fats fuels your runs and aids in muscle recovery.
3. Consider consulting with a nutritionist for personalized dietary advice that complements your running routine.



Enjoy the process and celebrate your achievements along the way:

1. Embrace the joy of running and the positive impact it has on your physical and mental well-being.
2. Set achievable milestones and acknowledge your progress, whether it's completing a longer run, achieving a personal best, or conquering a challenging route.
3. Share your achievements with friends or fellow runners to build a supportive community.



Incorporate strength training and flexibility exercises:

1. Strength training helps prevent injuries by improving muscle stability and joint support.
2. Focusing on core strength, leg muscles, and functional movements can enhance your overall running performance.
3. Flexibility exercises, such as dynamic stretches and yoga, improve range of motion and reduce muscle stiffness.



Remember, every runner is unique, and what works for one person may differ for another.

Listen to your body, be patient with your progress, and find joy in the journey towards your 5K goal.



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