



5KM TRAINING PLAN

This 10 week plan is designed to take you from no running through to completing the Clyde Classic 5K. You'll train three times each week, starting with a mix of walking and running before building towards longer runs. Space out the runs across the week and keep most of your running at an easy, comfortable pace. Don't worry about speed, the goal is to build your fitness consistently and arrive at race day ready to enjoy your 5K.

Week	Run 1	Run 2	Long Run
1 <i>Consistency beats perfection</i>	Warm up with 10 min walking. Then run 1 min / walk 2 mins x 5	Warm up with 10 min walking. Then run 1 min / walk 2 mins x 5	Warm up with 10 min walking. Then run 1 min / walk 2 mins x 7
2 <i>Focus on time not speed</i>	Warm up with 10 min walking. Then run 2 min / walk 90 sec x 6	Warm up with 10 min walking. Then run 2 min / walk 90 sec x 6	Warm up with 10 min walking. Then run 2.5 min / walk 90 sec x 6
3 <i>Trust the process</i>	Warm up with 10 min walking. Then run 3 min / walk 2 min x 5	Warm up with 10 min walking. Then run 3.5 min / walk 1.5 min x 5	Warm up with 10 min walking. Then run 4.5 min / walk 1 min x 3
4 <i>Don't Compare</i>	Warm up with 10 min walking. Then run 5 min / walk 1 min x 3	Warm up with 10 min walking. Then run 5 min / walk 1 min x 3	Warm up with 10 min walking. Then run 6 min / walk 1 min x 3
5 <i>Remember your WHY</i>	Warm up with 8 min walking. Run 10 mins continuous	Warm up with 8 min walking. Run 10 mins continuous, 3 min walk, 4 min run continuous	Warm up with 8 min walking. Then run 12 mins continuous
6 <i>You are SMASHING IT</i>	Warm up with 6 min walking. Then run 15 mins continuous	Warm up with 6 min walking. 2 mins comfortably hard running, 3 mins walking x 4	Run 20 min easy
7 <i>Over Half Way Through</i>	Run 25 min easy	Warm up with 6 min walking. 2 mins comfortably hard running, 3 mins walking x 5	Warm up with 6 min walking. Run 25 min easy
8 <i>Believe in YOURSELF</i>	Run 30 min easy	Warm up with 5 min walking. 3 mins comfortably hard running, 3 mins walking x 4	Run 35 min easy
9 <i>Think how far you have come</i>	Run 35 min easy	Warm up with 5 min walking. Run 25 min with last 5 min slightly faster	Run 40 min easy
10 <i>Now it is time to enjoy the hard work</i>	Run 20 min easy	REST	RACE DAY – GO SMASH IT