



## Run2Cure Training Program - 5k Beginner

Coach Jody Mullen

Athletics Australia, Level 2 Adv Rec Running

### 5k BEGINNER

**Description:** This program is designed for someone who exercises, but has never run 5k before. You should be comfortable with the 1st week of training prior to starting. This program is 12 weeks long with 3 runs scheduled per week, building safely and gradually for new runners.

**Begin date:** 9 January 2022

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	1:1 run-walk x6	Rest	1:1 run-walk x5	Strength	Rest	500m jog-1min walk x3	Rest OR x-train
2	2:1 run-walk x4	Rest	2:1 run-walk x3	Strength	Rest	1k jog-90sec walk x2	Rest OR x-train
3	2:1 run-walk x5	Rest	2:1 run-walk x4	Strength	Rest	1.5k jog-90sec walk-1k jog	Rest OR x-train
4	3:1 run-walk x4	Rest	3:1 run-walk x3	Strength	Rest	1k jog-1min walk x2	Rest OR x-train
5	4:1 run-walk x4	Rest	4:1 run-walk x3	Strength	Rest	2k jog-90sec walk-1k jog	Rest OR x-train
6	4:1 run-walk x5	Rest	4:1 run-walk x4	Strength	Rest	2.5k jog-1min-walk-1k jog	Rest OR x-train
7	5:1 run-walk x4	Rest	5:1 run-walk x3	Strength	Rest	3k jog-90sec walk-1k jog	Rest OR x-train
8	6:1 run-walk x4	Rest	6:1 run-walk x3	Strength	Rest	2k jog-1min walk-1k jog	Rest OR x-train
9	6:1 run-walk x5	Rest	6:1 run-walk x4	Strength	Rest	3.5k jog-1min walk-1k jog	Rest OR x-train
10	7:1 run-walk x5	Rest	7:1 run-walk x4	Strength	Rest	4k jog-1min walk-1k jog	Rest OR x-train
11	6:1 run-walk x5	Rest	6:1 run-walk x4	Strength	Rest	2.5k jog-30sec walk-1k jog	Rest OR x-train
<b>Race Week</b>	6:1 run-walk x4	Rest	6:1 run-walk x3	Easy 30min walk	Rest	Rest	<b>Run2Cure!</b>

#### Key Notes

Please see second page of program for descriptions and explanations of your work-outs.

Begin each run or run-walk with at least a 5 min warm-up walk. A cool-down walk at the end is also recommended.

If you are already exercising regularly, but simply new to running, keep up exercise on your cross-training day with your favourite activities.

If you are newer to exercise, and to running, you may opt for an additional rest day as your body gradually adjusts to your new fitness load.



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### 5k BEGINNER - NOTES

#### Work-out Descriptions

**Run-walk** - You are shifting between running and walking, for a prescribed length of time. The run should feel relaxed and comfortable (well, as comfortable as possible while you're running journey is just beginning!).

Do not worry about your pace or that you're going "too slow". It's better to take it slower and be able to cover the time duration/distance.

**X-train** - Cross training. Cycling, swimming, gym classes, pilates, etc. Enjoy your favourite work-out activity.

**Strength** - Staying strong is essential for success in running and can also assist with preventing injury. Pilates, at home strength, gym strength class, bootcamps, etc. are all forms of strength sessions you may enjoy.

**Warm-up (wu)**- Begin each run or run-walk with at least a 5 min warm-up walk. A cool-down walk at the end is also recommended.

*\*Weeks 4 & 8 have shorter long runs on the weekend. This is not a mistake, just an opportunity for your body to recover and adapt.*

Example:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 3</b>	5 min walk wu 2:1 run-walk x5	Rest	5 min walk wu 2:1 run-walk x4	Strength	Rest	5 min walk wu 1.5k jog-90sec walk-1k jog	x-train
<b>What to do</b>	Begin with a 5 min walk warm-up (wu). Then, start your run-walk intervals. Jog 2 mins then walk 1 min. Repeat 5 times. Total duration of run-walk = 15 min.	Rest, stretch, foam roll, get a well deserved massage, etc.	Begin with a 5 min walk warm-up (wu). Then, start your run-walk intervals. Jog 2 mins then walk 1 min. Repeat 4 times. Total duration or run-walk = 12 min.	Strength work, pilates, gym class, etc.	Rest, stretch, foam roll, get a well deserved massage, etc.	Begin with a 5 min walk warm-up (wu). Then, start your run-walk intervals. Jog 1.5k then walk 90sec. Jog 1k. Total run distance = 2.5k	Cross train - Cycle, swim, gym class, etc.