



5k Training Plan

For Beginners

Our top tips for first time 5k runners.



By taking on this challenge in support of Guts UK, you're helping the UK get to grips with guts. So, let's help you get to grips with your half marathon training!

If this is your first 5k and you're not sure where to start, here are our top tips on how to approach your the first few weeks of training.

1. Slow and steady wins the race.

The slower and steadier you approach training, the less chance there is that you'll get injured and the more like you are to enjoy the experience.

2. Always warm up.

Avoid the temptation to dive straight into a run without warming up first. It's important to stretch key muscles, such as the calves, quads and hamstrings.

3. Run happy.

Do whatever it takes to make your training enjoyable. Jog with a friend to make it more social or listen to your favourite music or podcast.

4. Do what suits you.

This training plan is just a guide. If you need to add more walking breaks or make breaks longer, that's ok. Add a minute or two to each walking break. Equally if you are adapting well to training, jog a bit further or reduce your walking breaks.

5. Work those glutes.

Strengthening exercises for the core and glutes are really important to help prevent injury. Try and do them at least twice a week alongside your runs.

6. Keep up the fluids.

Drinking fluids regularly is important to keep the body well hydrated. Try getting into the habit of taking frequent sips from a water bottle.

7. Vary your training.

Mixing up your training up by running different routes and changing up your pace are great ways to keep your training interesting.

8. Listen to your body and remember to rest.

The importance of rest is under-estimated by many runners. Don't feel guilty taking an extra day off to recover. Whether it's injury, illness or fatigue, always listen to what your body is telling you. If something isn't right, your body will let you know and it's really important you listen to it.

Explanation of training session terms.



Rest

Unsurprisingly, rest days are just that. You can take the day off. However, if your body feels good and you are in the modd, there is no reason why you can't head out for a long walk or do some alternative exercises, such as swimming, cycling or pilates.

Brisk Walk

The pace is more than a slow 'Sunday afternoon' stroll, it's a walking pace with purpose! We're not talking Olympic walking but a walk that has effort and makes you feel a bit more out of breath than a normal paced walk would. (RPE scale 2-3).

Jog

This the pace the majority of your jogging intervals should be run at. You should just about be able to count to 10 in one breath whilst running at this pace and you should be able to hold a conversation with someone. Intitally, a jogging pace might feel harder than this but with consistent training, the same pace will get easier and feel more comfortable. (RPE scale 4-5).



Rate of perceived exertion (RPE) scale.



RPE	How you feel	HR max %
1	Sitting down with your feet up.	30-40%
2	A steady walking pace.	45-55%
3	A light jog or brisk walk.	60-70%
4	A perfect sociable pace. Quicker than a jog but able to have a chat.	70-75%
5	Pretty comfortable. Got a good sweat on and you feel great.	75-80%
6	Comfortable-ish. You feel like it's a good paced run.	80-85%
7	Talking is getting difficult. It's possible but not very easy.	85-90%
8	Only short answers to important questions are possible.	90-95%
9	Talking is now really difficult.	95%+
10	Talking is impossible. You can only keep this intensity up for 10-15 seconds.	N/A

Remember, this plan is just a guide and offers a guide on suggested running distances and sessions. Feel free to adapt it to suit you, your lifestyle and your comfort level.

5k training session plan.



Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	30-40 mins brisk walk	35 mins brisk walk	Walk 4 mins then jog 1-2 mins x 4	Rest	Walk 3 mins then jog 1-2 mins x 4	Rest	Walk 4 mins then jog 1-2 mins x5
2	40-50 mins brisk walk or rest	45 mins brisk walk	Walk 3 mins then jog 1-2 mins x 4	Rest	Walk 3 mins then jog 1-2 mins x 4	Rest or 40 mins brisk walk	Walk 3 mins then jog 2-3 mins x4
3	40-50 mins brisk walk or rest	55 mins brisk walk	Walk 3 mins then jog 3-4 mins x 3	Rest	Walk 3 mins then jog 4-5 mins x4	Rest or 45 mins brisk walk	Walk 3 mins then jog 5-6 mins x3
4	40-50 mins brisk walk or rest	60 mins brisk walk	Walk 2 mins then jog 6-7 mins x 3	Rest	Walk 2 mins then jog 6-7 mins x4	Rest or 45 mins gentle walk	Walk 2 mins then jog 6-8 mins x3
5	50-60 mins brisk walk or rest	60 mins brisk walk	Walk 2 mins then jog 8-10 mins x 3	Rest	Walk 1 min then jog 6-8 mins x3	Rest	5k day!



Guts UK is the national charity for the digestive system. Thank you for helping us get to grips with guts.

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