

## Beginner's 5K Training Guide

### Welcome to Leggit's 5K Training Programme for Beginners.

Recently started running and keen to improve your distances? Looking to train up for Race for Life or a Fun Run? The Leggit.co.uk 5K training programme is a brilliant starting point to help you reach your 5K goal, in just 6 weeks!

Our training programme will provide you with the basic structure you need to help you build up some your running distance *and* your confidence! The training programme is step by step guide which covers a 6 week period to introducing you to a 5K distance. The programme has broken the distance down in to small, manageable chunks to help you improve at a steady and safe pace.

Now all that's left for you to do... is to get started!!

*The Leggit training guides are written and recommended by qualified personal trainers. If you have any enquiries regarding this, or any other programmes featured on leggit.co.uk, please email us at [training@leggit.co.uk](mailto:training@leggit.co.uk) and mark your email as high importance.*

*This programme was written by Pete Morton of Summit Personal Training, Bristol. REPs Number R0031850*

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Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
1		Run 1min Walk 1min <i>(repeat x10)</i>		<i>Rest Day</i>			Run 2mins Walk 1min <i>(repeat x 4)</i>
2		Run 3mins Walk 2mins <i>(repeat x 3)</i>		Run 3mins Walk 2mins <i>(repeat x 4)</i>			Run 5mins Walk 3mins <i>(repeat x 3)</i>
3		Run 5mins Walk 3mins <i>(repeat x 3)</i>		Run 4mins Walk 1min <i>(repeat x 4)</i>			Run 8mins Walk 3mins <i>(repeat x 3)</i>

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Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
4		Run 7mins Walk 3mins <i>(repeat x 3)</i>		Run 6mins Walk 1min <i>(repeat x 3)</i>			Run 10min Walk 2mins <i>(repeat x 3)</i>
5		Run 7mins Walk 3mins <i>(repeat x 4)</i>		Run 5mins Walk 1min <i>(repeat x 5)</i>			Run 12min Walk 2mins <i>(repeat x 3)</i>
6		Run 10min Walk 2mins <i>(repeat x3)</i>		<i>Rest Day</i>			<b>5K Race!</b>