

Beginner's Training Guide

Welcome to Leggit's Training Programme for Beginners.

So, you've decided to start running but are unsure about how to get going. Maybe you haven't run before, maybe you used to run but have taken a break and are keen to get back in to it, or perhaps you're recovering from an injury and are looking to build your running back confidence up to what it was.

Our training programme aims to provide you with a basic structure, easy to understand and simple to follow which will help you build up your running distance *and* your running confidence. By the end of the 6 week period in this programme you should be able to run a distance of approximately 5K (3 miles)

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 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>		Run 5mins Walk 1min <i>(repeat x 5)</i>			Run 12min Walk 2mins <i>(repeat x 3)</i>