



5K Run Training Schedule (Beginner)

Have A Heart is an appeal run by Global Charities, registered charity number: 1091657 (England & Wales) and SC041475 (Scotland).

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest	Run 1 min, walk 1 min. Do 10 times	Rest	Run 2 mins, walk 4 mins. Do 5 times	Rest	Rest	Run 2 mins, walk 4 mins. Do 5 times
2	Rest	Run 3 mins, walk 3 mins. Do 4 times	Rest	Run 3 mins, walk 3 mins. Do 4 times	Rest	Rest	Run 5 mins, walk 3 mins. Do 3 times
3	Rest	Run 7 mins, walk 2 mins. Do 3 times	Rest	Run 8 mins, walk 2 mins. Do 3 times	Rest	Rest	Run 8 mins, walk 2 mins. Do 3 times
4	Rest	Run 8 mins, walk 2 mins. Do 3 times	Rest	Run 10 mins, walk 2 mins. Do twice then run for 5 mins	Rest	Rest	Run 8 mins, walk 2 mins. Do 3 times
5	Rest	Run 9 mins, walk 1 min. Do 3 times	Rest	Run 12 mins, walk 2 mins. Do twice then run for 5 mins	Rest	Rest	Run 8 mins, walk 2 mins. Do 3 times
6	Rest	Run 15 mins, walk 1 min. Do twice	Rest	Run 8 mins, walk 2 mins. Do 3 times	Rest	Rest	5K Race!



5k Run Training Schedule (Intermediate)

Have A Heart is an appeal run by Global Charities, registered charity number: 1091657 (England & Wales) and SC041475 (Scotland).

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest	20-25 mins easy	Rest	10 mins easy, then 4 x 1 min brisk with 2-min jog recoveries, then 10 mins easy	Rest	20 mins easy	30 mins easy
2	Rest	20-25 mins easy	Rest	10 mins easy, then 4-5 x 90 secs brisk with 2.5-min jog recoveries, then 10 mins easy	Rest	20 mins easy	35 mins easy
3	Rest	25-30 mins easy	Rest	10 mins easy, then 20 mins fartlek (free-form fast and slow running)	Rest	25 mins easy	40 mins easy
4	Rest	10 mins easy, then stretch, then 1 measured mile, timed, fast, then 10 mins easy	Rest	10 mins easy, then 20 mins fartlek, then 10 mins easy	Rest	20 mins easy	45 mins easy
5	Rest	25-30 mins easy	Rest	10 mins easy, then 3 x 3 mins brisk with 3-min jog recoveries	Rest	25 mins easy	35 mins easy then 10 mins easy
6	Rest	25 mins easy, incorporating 6 x 20-40 seconds faster-paced running	Rest	20-25 mins easy	Rest	15 mins easy or rest	5K Race!