



Health Insurance

Starting to run

Zero to 3K training plan

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0-3K



Starting to run

Introducing the zero to 3K plan

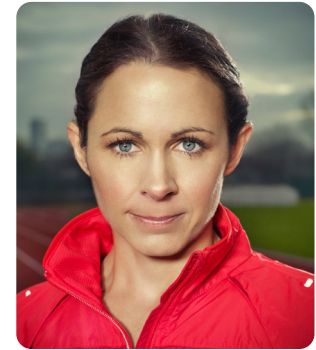
This plan is all about giving your body chance to adapt to running, so take your time, don't push too hard. If you finish your workout feeling like you coped well with the pace it will make it a more positive experience and reduce the risk of injury. It is however quite normal to experience a bit of muscle soreness, when you first start any new exercise programme, whilst your body adapts to the new activity. This should start to ease as you get into the programme, but you must listen to your body and take extra rest days if you need them, and if you experience an injury niggle seek advice from a sports therapist. Achieving your running goals is all about consistency and trying to avoid needing a longer lay off, so don't push on if your body needs to recover.

The plan also includes easy stretching of all the muscle groups on rest days and core stability exercises. Stretching should also be carried out after each workout to help prevent your muscles getting tight. Core stability exercises are useful to help prevent injury because strong core muscles promote good running form and can therefore reduce bad movement patterns, which may put extra stress through joints and muscles.



Jo's tip:

With a sensible approach to your training, taking it gradually and giving your body time to get used to it, you'll soon notice improvements in your fitness and really enjoy your running.



Jo Pavey



Cross training:

Adding a bit of cross training to your week can be an effective way of increasing your fitness levels quickly. It means exercising in a different way to running, such as using a stationary bike, cross training machine or swimming. However, it's written into the plan as optional because you may feel quite tired from running, particularly to begin with. If you do cross train, be careful as it could cause muscle soreness that could hamper your running progress. Swimming is less likely to cause soreness than using cross training machines.

Starting to run

How the zero to 3K plan works

Each workout will always start with an easy walk or a jog to warm up. This is in addition to the dynamic warm up exercises in our [videos](#).

Then the work really starts. Typically, each workout consists of a period of higher intensity running followed by a rest which you will repeat a set number of times.

In the plan it's written like this:

- 5 minute walk to start
- 5 x 1 minute run with 1 minute walk between
- 5 minute walk to end

This means you will:

- Do a 5 minute walk to warm up
- Run for 1 minute, walk for 1 minute – which you will do 5 times (10 minutes in total)
- Do a 5 minute walk to cool down

In total, this session is 20 minutes in length – but remember to allow time for some dynamic warm up exercises before you start and stretching when you finish.

Easy run:

You should feel able to hold a conversation with your running partner.

Easy taper run:

Tapering refers to the practice of reducing the distance you run in the days just before your 3K run.

Zero to 3K training plan

WPA

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Easy run 5 minute walk to start 5 x 1 minute run with 1 minute walk between 5 minute walk to end	Rest day Easy stretching 	Easy run 5 minute walk to start 6 x 1 minute run with 1 minute walk between 5 minute walk to end	Rest day Easy stretching 	Easy run 5 minute walk to start 5 x 90 second run with 90 second walk between 5 minute walk to end	Rest day Cross training (optional) Easy stretching plus core stability exercises	Rest day Easy stretching 
Week 2	Easy run 5 minute walk to start 6 x 90 second run with 90 second walk between 5 minute walk to end	Rest day Easy stretching 	Easy run 5 minute walk to start 5 x 2 minute run with 1 minute walk between 5 minute walk to end	Rest day Easy stretching 	Easy run 5 minute walk to start 10 minute run 5 minute walk to end	Rest day Cross training (optional) Easy stretching plus core stability exercises	Rest day Easy stretching 
Week 3	Easy run 5 minute walk to start 4 x 3 minute run with 1 minute walk between 5 minute walk to end	Rest day Easy stretching 	Easy run 5 minute walk to start 2 x 6 minute run with 2 minute walk between 5 minute walk to end	Rest day Easy stretching 	Easy run 5 minute walk to start 12 minute run 5 minute walk to end	Rest day Cross training (optional) Easy stretching plus core stability exercises	Rest day Easy stretching 
Week 4	Easy run 3 minute walk to start 3 x 4 minute run with 90 second walk between 3 minute walk to end	Rest day Easy stretching 	Easy run 3 minute walk to start 2 x 7 minute run with 2 minute walk between 3 minute walk to end	Rest day Easy stretching 	Easy run 3 minute walk to start 14 minute run 3 minute walk to end	Rest day Cross training (optional) Easy stretching plus core stability exercises	Rest day Easy stretching 
Week 5	Easy run 2 minute walk to start 3 x 5 minute run with 90 second walk between 2 minute walk to end	Rest day Easy stretching 	Easy run 2 minute walk to start 2 x 9 minute run with 2 minute walk between 2 minute walk to end	Rest day Easy stretching 	Easy run 2 minute walk to start 18 minute run 2 minute walk to end	Rest day Easy stretching plus core stability exercises	Rest day Easy stretching 
Week 6	Easy run 2 minute walk to start 1 x 10 minute run plus 1 x 8 minute run with 2 minute walk between 2 minute walk to end	Rest day Easy stretching 	Easy run 2 minute walk to start 10 minute easy taper run 2 minute walk to end	Rest day Easy stretching 	3K run 2 minute run to start 3K run – well done! 2 minute walk to end	Rest day Easy stretching 	Rest day Easy stretching 

Health and Wellbeing

A hub with a wealth of information

Our website has a health and wellbeing hub that provides access to a variety of useful and valuable information. Designed to offer support and guidance it's accessible to anybody who visits our site. There are many videos and a range of supporting documentation covering a wealth of different topics. We regularly run webinars hosted by experts in their particular field and the recordings are made available within the hub.

Visit: wpa.org.uk/health-wellbeing to find out more.



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The content of the WPA website, including the WPA Health & Wellbeing hub ('the hub'), is for information only and is not a substitute for professional medical advice or treatment and you should not rely upon it for that purpose.

Not all forms of exercise will be suitable for everyone. Always consult a doctor before beginning any exercise programme. To the extent permitted by law, WPA shall not be liable for any loss, liability or damage suffered or incurred as a result of using an exercise programme or accessing any information on exercise made available on the hub.

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