



Health Insurance

# Starting to run

## 5K training plan

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5K





# Starting to run

## 5K training plan

This plan is intended to lead on from the 3K programme. There are no walking warm ups, as you should hopefully now be able to ease into each run, but start off slowly and build it up. Running at a faster pace will improve your aerobic capacity and therefore your running economy.

During this plan you may want to include cross training, if you haven't already done so in the previous plan – but only do so if you feel you're coping well with your running. If you do want to cross train, it is suggested on one of the days, but it could be done on any of the non-running days that suit you best.



### Jo's tip:

At the end of this plan, you may want to run your 5K at a [parkrun](#). There are many parkruns all over the country at weekends. They are a great way of meeting people, motivating you to progress and reach your goals, as well as helping you to enjoy your running experience.



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.

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## How the 5K plan works

Each workout will always start with 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 high intensity running followed by a rest which you will repeat a set number of times.

### In the plan it's written like this:

- 8 minute easy warm up
- 3 x 2 minute run with 2 minute recovery between
- 8 minute easy cool down

### This means you will:

- Do an 8 minute easy run to warm up
- Run for 2 minutes at a higher intensity and then jog or walk for 2 minutes to recover, which you will do 3 times (12 minutes in total)
- Do an 8 minute easy run to cool down

In total, this session is 28 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 5K run.

### High intensity:

This should feel challenging and you should only be able to utter a word or two at a time.

# 5K training plan



Leading on from the 3K training plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 7	<b>High intensity</b> 8 minute easy warm up 3 x 2 minute with 2 minute recovery between 8 minute easy cool down	<b>Rest day</b> Easy stretching 	<b>Easy run</b> Dynamic warm up 20 minute run Cool down	<b>Rest day</b> Easy stretching 	<b>Easy run</b> Dynamic warm up 22 minute run Cool down	<b>Rest day</b> Cross training (optional) Easy stretching plus core stability exercises	<b>Rest day</b> Easy stretching 
Week 8	<b>High intensity</b> 8 minute easy warm up 3 x 3 minute with 2 minute recovery between 8 minute easy cool down	<b>Rest day</b> Easy stretching 	<b>Easy run</b> Dynamic warm up 24 minute run Cool down	<b>Rest day</b> Easy stretching 	<b>Easy run</b> Dynamic warm up 26 minute run Cool down	<b>Rest day</b> Cross training (optional) Easy stretching plus core stability exercises	<b>Rest day</b> Easy stretching 
Week 9	<b>High intensity</b> 8 minute easy warm up 2 x 3 minute plus 3 x 2 minute with 2 minute recovery between 8 minute easy cool down	<b>Rest day</b> Easy stretching 	<b>Easy run</b> Dynamic warm up 28 minute run Cool down	<b>Rest day</b> Easy stretching 	<b>Easy run</b> Dynamic warm up 32 minute run Cool down	<b>Rest day</b> Cross training (optional) Easy stretching plus core stability exercises	<b>Rest day</b> Easy stretching 
Week 10	<b>High intensity</b> 8 minute easy warm up 4 x 90 second with 2 minutes between 8 minute easy cool down Start of easier week	<b>Rest day</b> Easy stretching 	<b>Easy taper run</b> Dynamic warm up 15 minute easy taper run Cool down	<b>Rest day</b> Easy stretching 	<b>5K run</b> Dynamic warm up 5K run – well done! (or rest if running a parkrun tomorrow) Cool down	<b>Rest day</b> Easy stretching Or 5K if you rested yesterday	<b>Rest day</b> 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](http://wpa.org.uk/health-wellbeing) to find out more.



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