

Introduction

Getting started with running has more to do with running consistently than running fast. This cheat sheet has been made to help you get started running with the goal in mind to complete or race your first 5km fun run.

Running Effort Scale 1 - 10

- 10 - Maximum effort
- 9 - Very hard intensity
- 8 - Hard intensity
- 7 - Requires constant effort
- 6 - Challenging but can sustain for 30 to 60 minutes
- 5 - Still requires effort
- 4 - Slight effort to maintain pace
- 3 - Able to maintain a conversation
- 2 - Gentle and easy to maintain
- 1 - Very easy pace

Effort Required For Running

For all the runs, you should be maintaining an effort between 2 and 3. This means they are easy runs and you are limiting the chance of injuring yourself and still enjoying the process. The only exception is where you see "Strides" listed in the plan. These are 30 second bouts of higher intensity running, where you should be running at approximately 8 on the effort scale.

Building Up To 20 Minutes Of Running

If you are completely new to running, remember there is no issue with walking if you need to. In the first week or so, when you are doing 20 minutes of easy running, you may want to start with one minute of running, followed by a minute or walking, continuing until you make up the full 20 minutes.

When To Start Training Plan

The training plan runs for eight weeks, so you would count back from your goal race that happens in the last week of the training plan. We suggest you give yourself at least four weeks to train for a 5km fun run, if this is the case only complete the first four weeks of this plan adding in an extra rest day, the day before your race.

Training Plan - Week 1

- ☐ Rest day
Day 1
- ☐ 20 minutes easy running
Day 2
- ☐ 20 minutes easy running
Day 3
- ☐ 20 minutes easy running
Day 4
- 4 x 30 seconds strides with two minutes rest
- ☐ Rest day
Day 5
- ☐ 20 minutes easy running
Day 6
- ☐ 20 minutes easy running
Day 7

Remember all running is between an effort of 2 and 3. Only strides should be run at a faster effort of approximately 8 where you should be putting in a high effort but it should be sustainable.

Training Plan - Week 2

- ☐ Day 1 Rest day
- ☐ Day 2 20 minutes easy running

Training Plan - Week 2 (cont)

- ☐ 20 minutes easy running
Day 3
- ☐ 20 minutes easy running
Day 4
- 4 x 30 seconds strides with two minutes rest
- ☐ Rest day
Day 5
- ☐ 20 minutes easy running
Day 6
- ☐ 20 minutes easy running
Day 7
- 4 x 30 seconds strides with two minutes rest
- We've added a second training run that also includes strides.

Training Plan - Week 3

- ☐ Rest day
Day 1
- ☐ 20 minutes easy running
Day 2
- ☐ 20 minutes easy running
Day 3
- ☐ 20 minutes easy running
Day 4
- 4 x 30 seconds strides with two minutes rest
- ☐ Rest day
Day 5
- ☐ 20 minutes easy running
Day 6
- ☐ 20 minutes easy running
Day 7
- 4 x 30 seconds strides with two minutes rest

Training Plan - Week 4

☐ Rest day

Day 1

☐ 20 minutes easy running

Day 2

☐ 20 minutes easy running

Day 3

☐ 20 minutes easy running

Day 4

4 x 30 seconds strides with two minutes rest

☐ Rest day

Day 5

☐ 20 minutes easy running

Day 6

☐ 40 minutes easy running

Day 7

Make note that day 7 is now a 40 minute easy run as a test to see if you are able to push a little further in your training runs. If you don't want to do this, feel free to repeat Day 4 of this week, which would normally occur on day 7 of the training schedule.

Training Plan - Week 5

☐ Rest day

Day 1

☐ 20 minutes easy running

Day 2

☐ 20 minutes easy running

Day 3

☐ 20 minutes easy running

Day 4

4 x 30 seconds strides with two minutes rest

☐ Rest day

Day 5

Training Plan - Week 5 (cont)

☐ 20 minutes easy running

Day 6

☐ 20 minutes easy running

Day 7

4 x 30 seconds strides with two minutes rest

Training Plan - Week 6

☐ Rest day

Day 1

☐ 20 minutes easy running

Day 2

☐ 20 minutes easy running

Day 3

☐ 20 minutes easy running

Day 4

4 x 30 seconds strides with two minutes rest

☐ Rest day

Day 5

☐ 20 minutes easy running

Day 6

☐ 20 minutes easy running

Day 7

4 x 30 seconds strides with two minutes rest

Training Plan - Week 7

☐ Day 1 Rest day

☐ Day 2 20 minutes easy running

☐ Day 3 20 minutes easy running

☐ Day 4 20 minutes easy running

Training Plan - Week 7 (cont)

4 x 30 seconds strides with two minutes rest

☐ Rest day

Day 5

☐ 20 minutes easy running

Day 6

☐ 20 minutes easy running

Day 7

4 x 30 seconds strides with two minutes rest

Training Plan - Week 8 (Race Week)

☐ Rest day

Day 1

☐ 20 minutes easy running

Day 2

☐ 20 minutes easy running

Day 3

4 x 30 seconds strides with two minutes rest

☐ Rest day

Day 4

☐ 20 minutes easy running

Day 5

☐ Rest day

Day 6

☐ Race Day - Have Fun

Day 7

It's race week and we have added in an extra rest day for you to make sure you are feeling as fresh as possible for your goal race.



Summary

Remember consistency is the key to training for and completing your first 5km fun run or race. Try your best to limit the speed but make sure you are constantly moving forward. Good luck and remember to stay safe and have fun.

DISCLAIMER

Please make sure you are being safe in all aspects of your training and running. Please use appropriate safety equipment when needed and ensure you consult a Doctor if you are unfit or have not recently taken on a physical fitness program recently.



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