

Run 5km: Training Programme

Training for a 5km is both a challenging and fun experience. Seeing your fitness and stamina improve is so rewarding and once you've caught the running bug there's no going back. A novice runner will most certainly train differently to someone who runs on a regular basis.

The message for those who have signed up to a 5km race is to leave yourself plenty of time to train and go at your own pace. If you'd like to train with a friend, choose a partner that is of similar ability to you so you can encourage each other. Most of all-enjoy training and the benefits it will bring your body!

Take a look at these guidelines which explain the different running techniques you should follow:

- Rest**- As important as it is to train, it's just as essential to give your body a rest in between runs. Give muscles a treat with a massage or relax with some gentle stretches.
- Interval**- Begin with a jog for 5 to 10 minutes, and run 400m as fast as you can. Rest for 30 seconds before repeating until the time is up. Leave up to 10 minutes at the end for a cool down, comprising of a slow jog and stretches.
- Tempo**- Run at a steady pace for the first 5 minutes, then build up to a fast pace for the middle, then slow down to an easy pace for the last 10 minutes.
- Fast**- Crank up impact by running quicker than your normal pace. You shouldn't be able to hold a conversation during these runs.
- Jog**- End the week with a long run to push yourself to the next level. These runs should be done at a comfortable pace, where you can hold a conversation.



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To get you up to scratch and ready to run or jog 5km in 8 weeks, take a look at this training programme catered for a novice runner.

When following a programme, it's a good idea to print out or copy the plan and cross off each day as you go.

Good luck and happy running!

Week	1	2	3	4	5	6	7	8
Monday	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
Tuesday	2km jog/walk	2km jog/walk	3km jog/walk	3km jog/walk	4km jog/walk	4km jog/walk	5km jog/walk	4km jog/walk
Wednesday	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
Thursday	2km jog	2km jog	3km jog	3km jog/walk	4km jog	4km jog	5km jog/walk	4km jog/walk
Friday	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
Saturday	2km jog	2km jog	3km jog	3km jog	4km jog	4km jog	5km jog/walk	Rest
Sunday	30 min brisk walk	30 min brisk walk	40 min brisk walk	40 min brisk walk	50 min brisk walk	50 min brisk walk	60 min jog/walk	Race day! 5km jog

For more health, fitness and training tips, visit www.lafitness.co.uk/fitness-hq

*If you have any medical conditions, an injury or are unsure whether you are fit enough to train, please consult your doctor before you start running.



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When following a programme, it's a good idea to print out or copy the plan and cross off each day as you go.

Good luck and happy running!

Week	1	2	3	4	5	6	7	8
Monday	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
Tuesday	3km run	3km run	3km run	3km run	3km run	3km run	3km run	2km run
Wednesday	5 x 400m interval	30 min tempo	6 x 400m interval	35 min tempo	7 x 400m interval	40 min tempo	8x 400m interval	30min tempo
Thursday	3km run	3km run	3km run	3km run	3km run	3km run	3km run	2km run
Friday	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest
Saturday	3km run	3km fast	4km run	Rest	4km fast	5km run	5km fast	Rest
Sunday	6km jog	6km jog	7km jog	7km jog	5km test race	8km jog	8km jog	Race day! 5km run

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