



# RUNMUMS

## RUNMUMS Beginners to 5k Programme

This training plan designed to get complete beginners running 5k in eight weeks.

Just a few things to bear in mind:

- Follow our RUNMUMS 5K plan and make a commitment to run three times a week. It does not matter which days are your run days but allow at least one rest day between each run when you first begin.
- Our simple RUNMUMS 5K run-walk programme is designed to build you up slowly starting with a mixture of walking and running.
- Always start with a brisk 5-minute warm-up walk and finish with a 5-10 stretching programme.
- Do not push too hard or too fast at this stage. You should be running at a pace that will allow you to hold a conversation. So, if in doubt, slow down.
- There is nothing to suggest you need to run continuously either. If you feel tired, then walk until recovered but try and walk purposefully if you can.
- Rest days are just as important as run days; without them you will not improve. It allows your muscles to recover and build up strength.
- An option for those in-between rest days is to stretch or cross train such as core strength training, biking, swimming, walking, but do not do too much that you burn yourself out.
- Do not be afraid to repeat a week or drop back a week. Everyone is different.
- You can start at any stage depending on your current level of fitness.
- The programme is only a guide so please feel free to make any minor changes or swap the days around, but just make sure you have that rest day in between those runs.

Why not help with the motivation by entering one of our virtual events here:

<https://shop.runmums.com>

Happy running.  
Love RUNMUMS

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	Run 1 min, walk 90 secs (repeat 8 times)	Rest	Run 1 min, walk 90 secs (repeat 8 times)	Rest	Rest	Run 1 min, walk 90 secs (repeat 8 times)
2	Rest	Run 2 mins, walk 1 min (repeat 7 times)	Rest	Run 2 mins, walk 1 min (repeat 7 times)	Rest	Rest	Run 2 mins, walk 1 min (repeat 7 times)
3	Rest	Run 3 mins, walk 1 min (Repeat 6 times)	Rest	Run 3 mins, walk 1 min (Repeat 6 times)	Rest	Rest	Run 3 mins, walk 1 min (Repeat 6 times)
4	Rest	Run 5 mins, walk 2 mins (repeat 4 times)	Rest	Run 5 mins, walk 2 mins (repeat 4 times)	Rest	Rest	Run 5 mins, walk 2 mins (repeat 4 times)
5	Rest	Run 8 mins, walk 2 mins (repeat 3 times)	Rest	Run 8 mins, walk 2 mins (repeat 3 times)	Rest	Rest	Run 8 mins, walk 2 mins (repeat 3 times)

**From now on, the plan gets you used to running for solid blocks of time. Remember not to go to fast. You should be able to hold a conversation.**

6	Rest	Run 12 mins, walk 1 min (repeat 3 times)	Rest	Run 12 mins, walk 1 min (repeat 3 times)	Rest	Rest	Run 12 mins, walk 1 min (repeat 3 times)
7	Rest	Run 15 mins, walk 1 min (repeat 3 times)	Rest	Run 15 mins, walk 1 min (repeat 3 times)	Rest	Rest	Run 15 mins, walk 1 min (repeat 3 times)

**You have nearly reached the end of your programme and you have made some great progress. This is the week when you can reach your goal.**

8	Rest	Run 30 mins continuously	Rest	Run 30 mins continuously	Rest	Rest	<b>5K Goal</b>
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**Congratulations on reaching your GOAL!**