RUNMUMS

RUNMUMS Beginners to 5k walking Programme

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

Just a few things to bear in mind:

- Follow our RUNMUMS 5K walking plan and make a commitment to walk four times a week. It does not matter which days are your walking days but allow at least one rest day between each walk when you first begin.
- Our simple RUNMUMS 5K walking programme is designed to build you up slowly.
- Walk at a pace you feel comfortable with. If you find its too easy then try power walking or slightly faster than your normal waking pace.
- Rest days are just as important as walking 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, 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 walks.

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

https://shop.runmums.com

Happy walking.
Love RUNMUMS

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	15-min walk	Rest or walk	15-min walk	Rest	1.5-mile walk	30-60 min walk
2	Rest	15-min walk	Rest or walk	15-min walk	Rest	1.75-mile walk	35-60 min walk
3	Rest	20-min walk	Rest or walk	20-min walk	Rest	2-mile walk	40-60 min walk
4	Rest	20-min walk	Rest or walk	20-min walk	Rest	2.25-mile walk	45-60 min walk
5	Rest	25-min walk	Rest or walk	25-min walk	Rest	2.25-mile walk	50-60 min walk
6	Rest	25-min walk	Rest or walk	25-min walk	Rest	2.75-mile walk	55-60 min walk
7	Rest	30-min walk	Rest or walk	30-min walk	Rest	3-mile walk	60-min walk
8	Rest	30-min walk	Rest or walk	30-min walk	Rest	Rest	**5K Goal**

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