



RUNNING YOUR FIRST 5K

The Beginner's Guide

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WHAT'S INSIDE?

INTRODUCTION

HEY!

Welcome to the beginner's guide to your first 5k!

If you're totally new to running but want to build up to your first 5k - this is the plan for you. Whether for enjoyment, for fitness purposes, or both, running can be a handy option when it comes to activity. This plan will strip things back to basics and help to take you through each step in order to build your engine.

Also with this plan, you'll not only have a guide that gets you to your goal quicker and more efficiently, but you'll also have the guide beside you (well over the phone) to answer any questions, support you further and to be accountable to

In this guide, you will see workouts laid out in weekly formats. So, there's no confusion as to what run/workout means what, they will consist of the following:

TIMED RUNS	Timed run at an easy/comfortable pace.
INTERVAL RUN	Segment running, with a mix of high and low intensity running.
THRESHOLD RUN	Hard run that you can hold for 15-20 minutes.
RECOVERY DAY/RUN	Either a complete rest day, or a very light jog (dependent upon week).
EASY PACE	Slow/generic pace, where breathing is controlled. You should be able to hold a conversation throughout comfortably, if running with a partner.
STEADY PACE	Slightly faster than 'easy pace'. Breathing will be a little deeper. You'll be able to manage a couple of sentences.
HARD PACE	80-90% effort. Pace is fast, breathing heavy, and speech at a minimum.
SPRINT	100% effort for minimal amount of time, followed by rest.

 **CONTINUE**

BEFORE STARTING

THE BORING BIT...

STRUCTURE

Structure gives you the consistency required to hit your goal.

On the starting weeks (3 runs a week) I recommend a 'one-day-on, one-day-off' structure.

Running Monday, Wednesday, Friday **or** Tuesday, Thursday, Saturday, for example. Stick to the same routine each week.

MAIN BLOCKS (4 RUNS PER WEEK, FROM WEEK 6)

I recommend a Monday, Wednesday, Friday, Sunday approach. As you will see Sunday (Run 4) and Monday (Run 1) will be your typical 'easy pace runs' so you won't feel too fatigued or feel like you're overtraining. This will help improve muscular endurance and overall recovery.

REST DAYS

These are just as important as the running days. Having one in between your runs will promote adequate recovery. They will also reduce your risk of injury. Some form of movement is still advised on a rest day. This could be hitting your daily step goal or even through a yoga/stretch routine to help improve your flexibility.

BEFORE YOU GET STARTED...

I've made a few important disclaimer points below;

Please consult your GP if you have any injuries/illnesses that may hinder your ability to partake in this plan.

Please ensure you wear suitable running trainers when partaking in the plan. Suitable footwear will reduce the risk of injury.

Please ensure that you've warmed-up appropriately prior to commencing any parts of the programme.

 **GET STARTED**

WARM UP

EXERCISE	REPS	NOTES
Squats	8	Complete circuit 2 times. Rest 20 seconds after 1st full circuit is complete.
Lunge	8	
Leg Swings	8	
High Knees	20	
Heel Flicks	20	

COOL DOWN

EXERCISE	NOTES
Hip Flexor Stretch	Follow each stretch for 10-15secs per leg.
Quadricep Stretch	
Hamstring Stretch	
Calf Stretch	
Chest Stretch	Follow each stretch for 10-15secs per arm.
Upper Back	
Posture Reach	
Tricep Stretch	
Shoulder Stretch	

PRE-WEEK 1 SETUP

PWW1

INSTRUCTIONS:

I want you to attempt a run for as long as you can at a very comfortable pace. Afterwards, compare your result to those below, and work out your starting point.

LEVEL	TIME	NOTES
Newbie Runner	UNDER 5 MINUTES	Start From Week 1
Newbie Runner 2.0	5-10 MINS OR 1KM/MILE	Start From Week 1, But Harder Range Of Training.
Average Joe/Josephine	10-20 MINS, OR AT LEAST 2KM/1.5 MILE	Start From Week 4
Casual Runner	20-25 MINS, OR 3KM/2 MILE	Start From Week 6

WEEK 1



WEEK 1

W1

RUN	TYPE	NOTES	REPEAT
1	INTERVALS	3-5mins - Easy pace 3mins walk	Repeat 4-6 Sets
2	INTERVALS	1-3mins - Quick pace 3mins walk	Repeat 3-5 Sets
3	TIMED RUN/WALK	5-10mins - Easy pace. Whatever time you stop at, walk briskly for that same amount. Example - stopped running at 6mins, walk briskly for 6mins.	Once

WEEK 2

W2

RUN	TYPE	NOTES	REPEAT
1	INTERVALS	20secs sprint 60-90secs walk/rest	Repeat 6-10 Sets
2	TIMED RUN/WALK	5-10 minutes - Easy pace Whatever time you stop at, walk briskly for that same amount. Example - stopped running at 6mins, walk briskly for 6mins	Once
3	WORKOUT INTERVALS	Run 1min hard, 10 squats Run 2min Easy, 20 squats Run 3min Easy, 30 squats Walk/rest for 3-5mins	Then Reverse Down (3,2,1)

WEEK 3

W3

RUN	TYPE	NOTES	REPEAT
1	INTERVALS	3-5mins - Easy pace 3mins walk.	Repeat 4-6 Sets
2	INTERVALS	1-3mins - Quick pace 3mins walk	Repeat 3-5 Sets
3	TIMED RUN/WALK	5-10 minutes - Easy pace. Whatever time you stop at, walk briskly for that same amount. Example - stopped running at 6mins, walk briskly for 6mins.	Once

WEEK 4

W4

RUN	TYPE	NOTES	REPEAT
1	INTERVALS	20secs sprint 60-90secs walk/rest	Repeat 6-10 sets. Aim for at least 1-2 more sets than 2 weeks ago Brisk walk for 10 minutes
2	TIMED RUN/WALK	8-15mins - Easy pace Whatever time you stop at, walk briskly for that same amount. Example - stopped running at 6mins, walk briskly for 6mins	Once
3	WORKOUT INTERVALS	Run 1min hard. 10 squats. Run 2min steady. 15 squats, 10 lunges. Run 3min easy. 10 squats, 10 lunges. 20sec sprint on the spot. Brisk walk for 3 mins	Then Reverse Down (3,2,1)



1 MONTH COMPLETED!

Amazing work! At this stage, you should be feeling an increase in fitness, and improved recovery between sets and running days.

Take time to reflect on how you're feeling with your previous 4 weeks. Feel free to contact me regarding how you've found things so far.

Over the next month you will be improving your speed, running endurance and overall fitness as you edge closer to that 5k distance.

From Week 6, your running frequency will increase to 4/week.

WEEK 5

W5

RUN	TYPE	NOTES	REPEAT
1	INTERVALS	10mins - Easy pace 3mins rest	Repeat 2-4 Sets
2	INTERVALS	3-5mins - Quick pace 3mins walk	Repeat 3-5 Sets
3	TIMED RUN/WALK	10-20 mins - Average pace Whatever time you stop at, walk briskly for that same amount. Example - stopped running at 6mins, walk briskly for 6mins	Once

WEEK 6

W6

RUN	TYPE	NOTES	REPEAT
1	TIMED RUN	15-20mins - Easy pace	Once
2	TIMED RUN/WALK	8-15 minutes - Steady pace Whatever time you stop at, walk briskly for that same amount. Example - stopped running at 6mins, walk briskly for 6mins	Once
3	WORKOUT INTERVALS	Run 5 mins - Easy pace Run 45secs hard, 10 squats Repeat 4 sets Run 5 min - Steady pace 10 squats, 10 lunges, 20 second sprint on the spot. Brisk Walk/slow jog for 90 seconds Repeat 4 sets 5min - Cool down jog	Once
4	TIMED RUN	20-30mins - Easy pace (Aim for the higher time range by going at a slower pace than you would usually)	Once

WEEK 7

W7

RUN	TYPE	NOTES	REPEAT
1	TIMED RUN	15-20mins - Easy pace	Once
2	TIMED RUN/WALK	8-15mins - Steady pace Whatever time you stop at, walk briskly for that same amount. Example - stopped running at 8mins, walk briskly for 8 mins	Once
3	INTERVALS	5mins warm-up - Easy pace 3mins - Quick pace 90secs - Jog recovery Repeat 5 sets 5mins - Cool-down	Once
4	TIMED RUN	20-30mins - Easy pace (Aim for the higher time range by going at a slower pace than you would usually)	Once

WEEK 8

W8

RUN	TYPE	NOTES	REPEAT
1	TIMED RUN	20mins - Easy pace	Once
2	TIMED RUN/WALK	10-20mins - Steady pace Whatever time you stop at, walk briskly for that same amount. Example - stopped running at 6mins, walk briskly for 6mins	Once
3	WORKOUT INTERVALS	Run 5mins - Easy pace Run 45secs - Quick, 10 squats Repeat 2 sets Run 5mins - Steady pace 10 squats, 10 lunges, 20 second sprint on the spot Brisk walk/slow jog for 90secs Repeat 2 sets 5mins Cool-down jog	Once
4	TIMED RUN	3.2km - Steady pace (Aim for the higher time range by going at a slower pace than you would usually)	Once



2 MONTHS COMPLETED!

We are now in the final third and you're closing in on that 5km distance!

After completing Week 8, you now have the ability to run 2 miles (3.2K) with reasonable comfort (even if it didn't feel all too comfortable).

Once again, take time to reflect on how you're feeling with your previous 4 weeks. Feel free to contact me regarding how you've found things so far.

WEEK 9

W9

RUN	TYPE	NOTES	REPEAT
1	INTERVALS	20mins - Steady pace 3mins rest	Repeat 2 Sets
2	INTERVALS	3-5mins - Quick pace 3 mins walk	Repeat 4-6 Sets
3	TIMED RUN/WALK	10-20mins - Steady pace Whatever time you stop at, walk briskly for half that amount. Example - stopped running at 12mins, walk briskly for 6mins	Once
4	TIMED RUN	25-35mins - Easy pace (Aim for the higher time range by going at a slower pace than you would usually)	Once

WEEK 10

W10

RUN	TYPE	NOTES	REPEAT
1	TIMED RUN	3.2km - Easy pace	Once
2	THRESHOLD RUN	Run at a steady pace that you can sustain for 15-20mins.	Once
3	WORKOUT INTERVALS	Run 45secs - Quick ,20 lunges 2mins jog recovery Repeat 5 sets Run 5min - Steady pace 10 squats, 10 lunges, 20 second sprint on the spot Brisk walk/slow jog for 90secs Repeat 2 sets 5min cool-down jog	Once
4	TIMED RUN	4km - Comfortable pace	Once

WEEK 11

W11

RUN	TYPE	NOTES	REPEAT
1	TIMED RUN	15-20mins - Easy pace	Once
2	TIMED RUN/WALK	5-10mins - Quick pace Whatever time you stop at, walk briskly for half that amount. Example - stopped running at 6mins, walk briskly for 3mins	Once
3	INTERVALS	5mins - Easy pace 3mins - Quick pace 90secs jog recovery Repeat 5 sets 5mins cool-down run	Once
4	TIMED RUN	4km - Steady pace	Once

WEEK 12

W12

5K PREP WEEK

Rest and recovery on and between running days are key to feeling ready once the big day comes!

RUN	TYPE	NOTES	REPEAT
1	TIMED RUN	20mins - Easy pace	Once
2	TIMED RUN/WALK	10-20mins - Steady pace Whatever time you stop at, walk briskly for that same amount. Example - stopped running at 6mins, walk briskly for 6mins	Once
3	TIMED RUN	Timed run 3.2km - Steady pace (2 days before your intended day to run 5km)	Once
Time to run the distance you've been working hard towards. (Remember to take it quite easy for your first km, then if you feel good, gradually pick it up from there)			
4	RUN	5KM	ONCE

REMEMBER

**If it was easy,
everyone would be doing it**

