



**RUN  
HAPPY**

**With our 5km run  
program for beginners!**

# 5km Beginner 12-week Run Program

Week	Run 1	Run 2	Run 3	Run 4	Run 5
<b>Week 1</b>	<b>25min easy run</b>	10min jog, 2min break, 4x80m relaxed strides (strides are done at 70-80% effort with walk back recovery), 10min jog.	<b>20min easy run</b>	<b>15min easy run</b>	<b>40min walk</b>
<b>Week 2</b>	<b>25min easy run</b>	10min jog, 2min break, 4x80m relaxed strides at 70-80% effort with walk back recovery, 10min jog.	<b>25min easy run</b>	<b>15min easy run</b>	<b>40min walk</b>
<b>Week 3</b>	<b>25min easy run</b>	10min jog, 2min break, 4x80m relaxed strides, 2x6min efforts at 5k target pace with 2min walk recovery between reps, cool down easy jog 10min.  Example: 5k target pace is 25min (5.00/k pace), 10min effort is done at 5.10min/km pace.	<b>25min easy run</b>	<b>15min easy run</b>	<b>40-45min walk</b>
<b>Week 4</b>	<b>25min easy run</b>	10min jog, 2min break, 4x80m relaxed strides, 3x6min efforts at around 5k target pace with 2min walk recovery between reps, cool down easy jog 10min.  Example: 5k target pace is 25min (5.00/k pace), 10min effort is done at 5.10min/km pace.	<b>25min easy run</b>	<b>20min easy run</b>	<b>40-45min walk</b>
<b>Week 5</b>	<b>30min easy run</b>	10min jog, 2min break, 4x80m relaxed strides, 4x5min efforts at around 5k target pace with 2min walk recovery between repetitions, cool down easy jog 10min.  Example: 5k target pace is 25min (5.00/k pace), 5min effort is done at 5.00-05min/km pace.	<b>25min easy run</b>	<b>20min easy run</b>	<b>40-45min walk</b>
<b>Week 6</b>	<b>35min easy run</b>	15min easy jog, 2min break, 4x80m relaxed strides, 4x5min efforts at 5k target pace with 2min walk recovery between repetitions, cool down easy jog 10min.  Example: 5k target pace is 25min (5.00/k pace), 5min effort is done at 5.00-05min/km pace	<b>30min easy run</b>	<b>20min easy run</b>	<b>40-45min walk</b>

Week	Run 1	Run 2	Run 3	Run 4	Run 5
<b>Week 7</b>	<b>35min easy run</b>	15min easy jog, 2min break, 4x80m relaxed strides, 3x10min efforts at 5k target pace plus 10sec per km slower, 2min walk recovery between repetitions, cool down easy jog 10min.  Example: 5k target pace is 25min (5.00/k pace), 10min effort is done at 5.10min/km pace.	<b>30min easy run</b>	<b>25min easy run</b>	<b>40min walk</b>
<b>Week 8</b>	<b>40min easy run</b>	15min easy jog, 2min break, 4x80m relaxed strides, 3x10min efforts at 5k target pace plus 10sec per km slower, 2min walk recovery between repetitions, cool down easy jog 10min.  Example: 5k target pace is 25min (5.00/k pace), 10min effort is done at 5.10min/km pace	<b>35min easy run</b>	<b>25min easy run</b>	<b>40min walk</b>
<b>Week 9</b>	<b>45min easy run</b>	15min easy jog, 2min break, 4x80m strides, 15min effort at 5k target pace plus 15sec, 4min break, 2x1min efforts at 5-10sec faster than 5k target pace with 1min walk between efforts, 10min cool down.  Example: 5k target pace is 25min (5.00/k pace), 15min effort is done at 5.15min/km pace while the 1min effort is done at 4.50-55/k pace.	<b>35min easy run</b>	<b>20min easy run</b>	<b>40-45min walk</b>
<b>Week 10</b>	<b>40min easy run</b>	15min easy jog, 2min break, 4x80m strides, 15min effort at 5k target pace plus 15sec, 4min break, 2x1min efforts at 5-10sec faster than 5k target pace with 1min walk between efforts, 10min cool down.  Example 5k target pace is 25min (5.00/k pace), 15min effort is done at 5.15min/km pace while the 1min effort is done at 4.50-55/k pace	<b>35min easy run</b>	<b>20min easy run</b>	<b>40-45min walk</b>
<b>Week 11</b>	<b>30min easy run</b>	15min easy jog, 2min break, 4x80m strides, 2x10min effort at 5k target pace plus 10sec, 4min break, 3x1min efforts at 5-10sec faster than 5k target pace with 1min walk between efforts, 10min cool down.  Example 5k target pace is 25min (5.00/k pace), 15min effort is done at 5.15min/km pace while the 1min effort is done at 4.50-55/k pace.	<b>30min easy run</b>	<b>15min easy run</b>	<b>40-45min walk</b>
<b>Week 12</b>	<b>25 min easy run</b>	15min easy jog, 2min break, 4x80m strides, 1x10min effort at 5k target pace plus 10sec, 4min break, 2x1min efforts at 5-10sec faster than 5k target pace with 1min walk between efforts, 10min cool down.  Example 5k target pace is 25min (5.00/k pace), 15min effort is done at 5.15min/km pace while the 1min effort is done at 4.50-55/k pace.	<b>20min easy run</b>	<b>5km Race</b>	<b>40-45min walk</b>