

ABSOLUTE BEGINNER'S



10 week 0-5 km Course

January 2022

The 10 week course is designed for beginners to gradually build up their running ability so they can eventually run 5km without stopping.

After each session, repeat again during the week. Structure is important for motivation, so try to allocate specific days of the week for your runs and stick to them.

Rest days are critical, never run for two consecutive days. Having a rest is part of the process and will reduce your chance of injury and also make you a stronger, better runner.

It is important to perform the warm up before each run, even when running on your own to reduce the risk of injury,

Week 1 Sunday, January 09, 2022

Warm Up  Cool down & Stretches
6 Minutes Run

Homework : Repeat Session once during week

Week 2 Sunday, January 16, 2022

Warm Up  Cool down & Stretches
10 minutes Running

Homework : Repeat Session once during week

Week 3 Sunday, January 23, 2022

Warm Up  Cool down & Stretches
15 minutes Running

Homework : Repeat Session once during week

Week 4 Sunday, January 30, 2022

Warm Up  Cool down & Stretches
20 mintes Running

Homework : Repeat Session once during week

Week 5 Sunday, February 06, 2022

Warm Up  Cool down & Stretches
20 minutes Run

Homework : Repeat Session once during week

 Brisk Walk for x minutes  Run for x minutes

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From week 6, the Course changes to distance rather than time

Week 6 Sunday, February 13, 2022

Warm Up  2 km / 1.25 miles  Cool down & Stretches

Homework : Repeat Session once during week

Week 7 Sunday, February 20, 2022

Warm Up  2.5 km / 1.5 miles  Cool down & Stretches

Homework : Repeat Session once during week

Week 8 Sunday, February 27, 2022

Warm Up  3.5 km / 2 miles  Cool down & Stretches


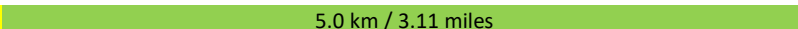
Homework : Repeat Session once during week

Week 9 Sunday, March 06, 2022



Warm Up  4.5 km / 2.75 miles  Cool down & Stretches

Homework : Repeat Session once during week

Week 10 Sunday, March 13, 2022

Warm Up  5.0 km / 3.11 miles  Cool down & Stretches

5k Mission accomplished!!

 Brisk Walk for x minutes  Run for x Km