



Training Programme - Beginners

	Week 5	Week 6	Week 7	Week 8
Monday	Rest Day	Rest Day	Rest Day	Rest Day
Tuesday	3 mins power walk 35 mins easy run 3 mins walk	3 - 4 mins power walk 35 mins steady run 3 mins walk	Rest Day	Rest Day
Wednesday	Rest Day	Rest Day	3 mins power walk 35 mins easy run 3 mins walk	2 mins power walk 20 mins steady run 3 mins walk
Thursday	3 mins power walk 40 mins easy run 5 mins walk	3 mins power walk 50 mins easy run 5 mins walk	3 mins power walk 45 mins steady run 5 mins walk	3 mins power walk 35 mins jog 5 mins walk
Friday	Rest Day	Rest Day	Rest Day	Rest Day
Saturday	Rest Day	Rest Day	Rest Day	Rest Day
Sunday	3 mins power walk 45 mins easy run 5 mins walk	3 mins power walk 40 mins steady run 5 mins walk	5 – 7 mins power walk 60 mins easy run 5 mins walk	3 mins power walk 40 mins easy run 5 mins walk

Don't forget, always have a gentle stretch of all the main muscle groups that have been used after each session. Never stretch before running as this stretches cold muscles and could cause injury

Programme created by Stuart Dinwoodie – Chippenham Harriers