

SCOTTISH RUNNING GUIDE

5K Training Schedule

You'd like to start running for fitness and fun but you're not sure if you can do it. Our beginners schedule will get you started and prepare you for a 5K race in 10 weeks. A little and often is the key advice - follow it (and the schedule) and you will be race ready in no time!

10 WEEKS UNTIL RACE DAY

MON: REST	TUES: Run 60 seconds, walk 3 minutes. Repeat X 3	WED: REST	THURS: Run 60 seconds, walk 3 minutes. Repeat X 3	FRI: REST	SAT: Run 60 seconds, walk 3 minutes. Repeat X 3	SUN: 30 minute brisk Walk.
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9 WEEKS UNTIL RACE DAY

MON: REST	TUES: Run 60 seconds, walk 2 minutes. Repeat X 5	WED: REST	THURS: Run 60 seconds, walk 2 minutes. Repeat X 5	FRI: REST	SAT: Run 60 seconds, walk 2 minutes. Repeat X 5	SUN: 30 minute brisk Walk.
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8 WEEKS UNTIL RACE DAY

MON: REST	TUES: Run 60 seconds, walk 2 minutes. Repeat X 5	WED: REST	THURS: Run 60 seconds, walk 2 minutes. Repeat X 5	FRI: REST	SAT: Run 60 seconds, walk 2 minutes. Repeat X 5	SUN: 30 minute brisk Walk.
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7 WEEKS UNTIL RACE DAY

MON: REST	TUES: Run 60 seconds, walk 2 minutes. Repeat X 7	WED: REST	THURS: Run 60 seconds, walk 2 minutes. Repeat X 7	FRI: REST	SAT: Run 60 seconds, walk 2 minutes. Repeat X 7	SUN: 40 minute brisk Walk.
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6 WEEKS UNTIL RACE DAY

MON: REST	TUES: Run 60 seconds, walk 2 minutes. Repeat X 8	WED: REST	THURS: Run 60 seconds, walk 2 minutes. Repeat X 8	FRI: REST	SAT: Run 60 seconds, walk 2 minutes. Repeat X 8	SUN: 40 minute brisk Walk.
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5 WEEKS UNTIL RACE DAY

MON: REST	TUES: Run 2 minutes, walk 2 minutes. Repeat X 6	WED: REST	THURS: Run 2 minutes, walk 2 minutes. Repeat X 6	FRI: REST	SAT: Run 2 minutes, walk 2 minutes. Repeat X 6	SUN: 40 minute brisk Walk.
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4 WEEKS UNTIL RACE DAY

MON: REST	TUES: Run 2 minutes, walk 2 minutes. Repeat X 7	WED: REST	THURS: Run 2 minutes, walk 2 minutes. Repeat X 7	FRI: REST	SAT: Run 2 minutes, walk 2 minutes. Repeat X 7	SUN: 50 minute brisk Walk.
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3 WEEKS UNTIL RACE DAY

MON: REST	TUES: Run 3 minutes, walk 2 minutes. Repeat X 6	WED: REST	THURS: Run 3 minutes, walk 2 minutes. Repeat X 6	FRI: REST	SAT: Run 3 minutes, walk 2 minutes. Repeat X 6	SUN: 50 minute brisk Walk.
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2 WEEKS UNTIL RACE DAY

MON: REST	TUES: Run 3 minutes, walk 2 minutes. Repeat X 6	WED: REST	THURS: Run 3 minutes, walk 1 minute. Repeat X 8	FRI: REST	SAT: Run 3 minutes, walk 1 minute. Repeat X 8	SUN: 60 minute brisk Walk.
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1 WEEK UNTIL RACE DAY

MON: REST	TUES: Run 3 minutes, walk 1 minute. Repeat X 8	WED: REST	THURS: Run 3 minutes, walk 1 minute. Repeat X 8	FRI: REST	SAT: REST	SUN: RACE DAY!
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