

PRE-TRAINING SCHEDULE

If you're new to running, or haven't run in a long time, this 6 week pre-training schedule will help to build your fitness up and get you running around 5km comfortably. Use this plan before you start the full Half Marathon or Ten Miler 13 week Training Plan at the start of July. Aim to run a 5km race at the end of Week 6, to help you stay focused. This could be a local 5km race, or a Parkrun in your local area.

You can adjust which days you run to suit your own lifestyle and commitments, but you should aim to run **3 - 4 times per week**, building up the time you spend running each week if you can. Your fitness levels should increase quickly if you follow the plan, but listen to you body, and if you feel you need to repeat a week of training before moving on to the next, then do. Remember to check with your Doctor before you start training, especially if you have any health concerns. Don't forget to read our tips and Advice on Getting Started.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Run 60 seconds, then walk 60 seconds. Repeat for 20 minutes	Rest	Run 60 seconds, then walk 60 seconds. Repeat for 20 minutes	Rest	Run 2 mins walk 4 mins. Repeat for 30 minutes	Rest	Run 2 mins walk 4 mins. Repeat for 30 minutes
Week 2	Run 3 mins, walk 3 mins Repeat 5 times	Rest	Run 3 mins, walk 3 mins Repeat 5 times	Rest	Run 5 mins, walk 3 mins Repeat 3 times	Rest	Run 5 mins, walk 3 mins Repeat 3 times
Week 3	Run 7 mins, walks 2 mins Repeat 3 times	Rest	Run 7 mins, walks 2 mins Repeat 3 times	Rest	Run 8 mins, walk 2 mins Repeat 3 times	Rest	Run 8 mins, walk 2 mins Repeat 3 times
Week 4	Run 8 mins, walk 2 mins Repeat 3 times	Rest	Run 10 mins, walk 2 mins Repeat twice then run for 5 mins	Rest	Run 8 mins, walk 2 mins Repeat 3 times	Rest	Run 8 mins, walk 2 mins Repeat 3 times
Week 5	Run 9 mins, walk 1 min Repeat 3 times	Rest	Run 12 mins, walk 2 mins Repeat twice then run for 5 mins	Rest	Run 8 mins, walk 2 mins Repeat 3 times	Rest	Run 8 mins, walk 2 mins Repeat 3 times
Week 6	Run 15 mins, walk 1 min Repeat twice	Rest	Run 8 mins, walk 2 mins Repeat twice	Rest	Rest	Rest	5km Race!

