Beginners Training Guide for a 5km Race

Week Day	Training	Start week Week 1	Week 2	Hard week Week 3	Hard week Week 4	Hard week Week 5	Week 6	Taper week Week 7
Monday	***Run/Walk***	2km run with 6 walks of 50m	2km run with 5 walks of 50m	2km run with 4 walks of 50m	2km run no walk	2km run with 3 walks of 50m	2km run no walk	2km run walk as feel (have fun)
Tuesday	***Rest***	Rest	Rest	Rest	Rest	Rest	Rest	Rest
Wednesday	***Time trial***	1 lap	1 lap	2 laps	2 laps fast	1 lap fast	1 lap	1 lap
Thursday	***Run/Walk/F/L***	2km easy walk as feel	12min fl 5p 3p	2km easy walk as feel	10min fl 3p 3p	2km easy walk as feel	10min fl 3p 3p	Rest
Friday	***Rest***	Rest	Rest	Rest	Rest	Rest	Rest	Rest
Saturday	***Run***	2,5km run	2km run	3km run	3km run	3km run	2km run	1km jogging + stretch from head to toe (no jumps); 10 min fartlek 3p 3p
Sunday	***Rest***	Rest	Rest	Rest	Rest	Rest	Rest	5km Race

* 1 lap = ±2,5km
** F/L (Fartlek) 3p 3p = 3 lamp poles hard run and 3 lamp poles very slow
*** Easy Run = Jogging and can still talk / Hard Run = Running and cannot talk

Beginners Training Guide for a 10km Race

Week Day	Training	Start week Week 1	Week 2	Hard week Week 3	Hard week Week 4	Hard week Week 5	Week 6	Taper week Week 7
Monday	***Run/Walk***	2km run with 6 walks of 50m	2km run with 5 walks of 50m	2km run with 4 walks of 50m	2km run no walk	2km run with 3 walks of 50m	2km run no walk	2km run walk as feel (have fun)
Tuesday	***Rest***	Rest	Rest	Rest	Rest	Rest	Rest	Rest
Wednesday	***Time trial***	2 laps	2 laps	3 laps	3 laps fast	2 lap fast	2 lap	1 lap
Thursday	***Run/Walk/F/L***	2km easy walk as feel	15min fl 5p 3p	2km easy walk as feel	12min fl 3p 3p	2km easy walk as feel	12min fl 3p 3p	Rest
Friday	***Rest***	Rest	Rest	Rest	Rest	Rest	Rest	Rest
Saturday	***Run***	3km run	3km run	4km run	4km run	5km run	3km run	1km jogging + stretch from head to toe (no jumps); 12 min fartlek 3p 3p
Sunday	***Rest***	Rest	Rest	Rest	Rest	Rest	Rest	10km Race

* 1 lap = ±2,5km
** F/L (Fartlek) 3p 3p = 3 lamp poles hard run and 3 lamp poles very slow
*** Easy Run = Jogging and can still talk / Hard Run = Running and cannot talk