

6-Week Running Plan

This program has been designed for beginner runners who can cover 5k in under 40 minutes but can be adapted based on your ability.



If you're new to running, split the time between walking and running in the early sessions. If you're more advanced, simply increase the time.

Each week follows the same pattern of three days of running and four days' rest. On the days off, we'd recommend doing an activity such as mobility work, yoga, or a massage to help you recover.

The schedule includes a mixture of steady-paced runs, intervals, conditioning and long-distance running. This is designed to help build your stamina alongside your strength, which will make running further easier.

Tuesdays are always an easy or steady paced run.

Thursdays are a mix of steady runs, intervals and conditioning.

Sundays are long runs. You should aim to reach the specified distance or increase the distance you managed to achieve during the previous session.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest	20 mins	Rest	20 mins	Rest	Rest	3-5k
Week 2	Rest	20 mins	Rest	Speed Intervals	Rest	Rest	4k
Week 3	Rest	20 mins	Rest	30 mins	Rest	Rest	5k
Week 4	Rest	30 mins	Rest	Hill Intervals	Rest	Rest	5-6k
Week 5	Rest	30 mins	Rest	30 mins	Rest	Rest	6k
Week 6	Rest	40 mins	Rest	Conditioning	Rest	Rest	6-8k

Warm-up and Cooldown

Every run should be accompanied by a warm-up and cooldown, each lasting 5 to 10 minutes on top of the planned running time or distance. Below are some pre- and post-run ideas that you can use across the 6-week program:



Dynamic movement

Add as much movement into your warm-up as you can. For example, instead of a static hamstring stretch, try reaching for the toes then come back to standing or change the position of your foot as you come up and down.



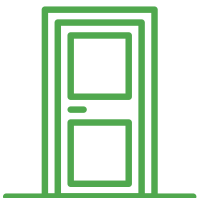
Foot prep

Stand on a tennis ball or any soft ball, with a bare foot, then gently apply pressure to massage the sole of the foot for 20-30 seconds per side. This will stimulate blood flow and prepare nerves/receptors for the impact of running.



Ankle and hip prep

Imagine a compass on the floor with you standing in the middle. Take a big step out in each direction, starting with North, working clockwise around the compass. Repeat on both sides and you will have mobilised your ankle and hip joints ready to run.



Finish line

Do not finish at your front door. Try to allow yourself at least the length of your street to slow down your run back to a gentle walk. This will help reduce your heart rate and body temperature at a controlled pace.



Self-massage

Investing in a foam roller or similar massage tool can be a huge boost to your recovery. How you rest is just as important as how often you run so get some advice on how to use the tools and incorporate them before and after each session.

Intervals and Conditioning

Alongside your standard runs, you should aim to do a combination of sprint and hill intervals. This helps to build speed as well as strength. Extra conditioning sessions can be added to further improve your running capacity. These should be mostly bodyweight based or involve light-moderate resistance (dumbbells, kettlebells, or barbells) work.

Week 2 Interval Session



20

Minutes



Warm-up



minutes

- Foot prep
- Foam roll – glutes and quads
- Dynamic hamstring stretch
- Dynamic hip stretch
- Arms swings



All 20-30 seconds per side



minutes

- Easy run – 2 minutes
- 5-6 intervals: 15 second sprint, followed by a 30 second walk and 30 seconds of easy running to recover



minutes

- Calf and hamstring stretch
- Inner thigh stretch
- Downward dog
- Trunk rotations
- Foam roll – lower body



Hold stretches for 20 seconds per side

Week 4 Interval Session



30-35
Minutes



Warm-up



5
minutes

- Foot prep
- Foam roll – calves and hamstrings
- Dynamic hip/quad stretch
- Ankle/hip prep compass
- Trunk and arm rotations



Hold stretches for
20 seconds per side



20
minutes

- Easy run – 5 minutes
- Set 1: 3 intervals of steady pace up hill and fast walk back down
- Set 2: 3 intervals of sprinting up hill and walk back down
- Repeat Set 1
- Repeat Set 2
- Easy run – 2 minutes



5-10
minutes

- Calf and hamstring stretch
- Inner thigh stretch
- Quad and hip stretch
- Foam roll – lower body and upper back



Hold stretches for
20 seconds per side

Week 6 Interval Session



21

Minutes



Warm-up



minutes


- Downward dog and cobra
- Ankle/hip prep compass
- Lateral shuffle to floor touch

 All 60 seconds



minutes

- **Round 1:** Lateral Lunges, plank with toe touch, squats
- **Round 2:** Mountain climbers, long jump, reverse lunges
- **Round 3:** Glute bridges, push ups, high knees
- **Round 4:** Inchworms, lateral shuffle to floor touch, squat jumps


 2 minutes per round, as many reps as you can

 60 seconds rest



minutes

- Downward dog and cobra
- Hamstring stretch
- Quad and hip stretch
- Glute stretch
- Childs pose

 Hold stretches for 20 seconds per side