

BEGINNER WALK TO RUN PLAN

	MON	TUE	WED	THU	FRI	SAT	SUN
1	REST	REST	Walk 15 mins	REST	Walk 25 mins at a brisk pace	REST	Jog 30 secs Walk 1 min Repeat x 6
2	REST	REST	Jog 30 secs Walk 1 min Repeat x 6 - 8	REST	Jog 1 min Walk 1 min Repeat x 6 - 8	REST	Jog 90 secs Walk 1 min Repeat x 6 - 8
3	REST	REST	Jog 2 mins Walk 2 mins Repeat x 6	REST	Jog 2 mins Walk 2 mins Repeat x 8	REST	Jog 3 mins Walk 1 mins Repeat x 5
4	REST	REST	Jog 3 mins Walk 2 mins Repeat x 7	REST	Jog 3 mins Walk 90 secs Repeat x 5	REST	Jog 4 mins Walk 2 mins Repeat x 5
5	REST	REST	Jog 5 mins Walk 3 mins Repeat x 4	REST	Jog 10 mins Walk 5 mins Repeat x 5	REST	Jog 7 mins Walk 3 mins Repeat x 4
6	REST	REST	Jog 7 mins Walk 3 mins Repeat x 5	REST	Jog 10 mins Walk 5 mins Repeat x 2	REST	Jog 10 mins Walk 5 mins Repeat x 5
7	REST	REST	Jog 10 mins Walk 2 mins Repeat x 2	REST	Jog 15 mins Walk 5 mins Repeat x 10	REST	Jog 20 mins
8	REST	REST	Jog 20 mins	REST	Jog 25 mins	REST	Jog 20 mins

Following this 8 week programme is a great way to get started if you are not a regular runner. Once you are feeling more confident, why not look for your local 5km parkrun event and take part in the [CSSC parkrun Challenge](#). Good Luck!