



let's get started

5k or 10k running
programs



run for it

Mick Clohisey here, Irish Olympian. I ran in the 2016 marathon in Rio.

I have devised this 12 week program, exclusively for Stratus Healthcare, to help all you beginners out there get in shape for a 5k or 10k race. Each session runs for less than an hour, 3 or 4 times a week, and I recommend you don't train on consecutive days, if possible.

Keep an eye out for my top tips at the end of the plan, to help you hit peak performance.

Good luck, get out there and go for it. I've no doubt you'll achieve your goals.

Cheers,
Mick

5k or 10k training plans

Weeks 1-3	Weeks 4-6
<p><i>Day 1</i> 5 mins walk 10 X 1 mins easy running with 1 mins walk in between each repetition 5 mins walk</p>	<p><i>Day 1</i> 3 mins easy running 3 mins walk 10 x (2 mins easy running with 1 mins walk recovery) 4 mins walk</p>
<p><i>Day 2</i> Rest or same as Day 1</p>	<p><i>Day 2</i> Rest or same as Day 1</p>
<p><i>Day 3</i> 5 mins walk 7 X 2 mins easy running with 1 mins walk in between each repetition 4 mins walk</p>	<p><i>Day 3</i> 3 mins easy running 3 mins walk 6 x (3 mins easy running with 2 mins walk recovery) 4 mins walk</p>
<p><i>Day 4</i> Rest or same as Day 1</p>	<p><i>Day 4</i> Rest or same as Day 3</p>
<p><i>Day 5</i> 5 mins walk 6 X 1 mins easy running with 30 second walk in between each repetition; and 8 X 30 second easy running with 1 mins walk in between each repetition 4 mins walk</p>	<p><i>Day 5</i> 3 mins easy running 3 mins walk 20 x (1 mins easy running with 30 second walk recovery) 4 mins walk</p>
<p><i>Day 6</i> Rest or same as Day 5</p>	<p><i>Day 6</i> Rest or same as Day 5</p>
<p><i>Day 7</i> Rest or same as Day 1</p>	<p><i>Day 7</i> Rest or same as Day 1</p>



5k or 10k training plans

Weeks 7-9	Weeks 10-12
<p><i>Day 1</i> 10 mins easy running 3 mins walk 10 mins easy running 3 mins walk 10 mins easy running 4 mins walk</p>	<p><i>Day 1</i> 15 mins easy running 2 mins walk 10 mins easy running 2 mins walk 15 mins easy running 4 mins walk</p>
<p><i>Day 2</i> Rest or same as Day 1</p>	<p><i>Day 2</i> Rest or same as Day 1</p>
<p><i>Day 3</i> 2 mins walk 4 x (8 mins easy running with 1 mins walk recovery) 2 mins walk</p>	<p><i>Day 3</i> 2 mins walk 3 x (6 mins easy running with 1 min walk recovery) 3 min walk 3 x (4 mins easy running with 1 min walk recovery) 4 mins walk</p>
<p><i>Day 4</i> Rest or same as Day 3</p>	<p><i>Day 4</i> Rest or same as Day 3</p>
<p><i>Day 5</i> Rest or same as Day 3</p>	<p><i>Day 5</i> 4 mins walk 25 mins easy running 4 mins walk 15 mins easy running 4 mins walk</p>
<p><i>Day 6</i> Rest or same as Day 5</p>	<p><i>Day 6</i> Rest or same as Day 5</p>
<p><i>Day 7</i> Rest or 20 mins easy run</p>	<p><i>Day 7</i> Rest or 25 mins easy run</p>

Key Points

- You don't have to run every day.
- Be flexible – pick days that suit best.
- Commit to at least 3 days running per week.
- Stick to the same workload for 3-4 weeks – no need to increase the load too soon.
- If training 3 days per week, train on any 3 days that suit best, but not 2 days in a row.
- If training 4 days per week, train on days 1, 3, 5, 7 or 1, 2, 4, 6.