



0 – 5K STARC Training Plan

This plan aims to get you started running with the aim to be jogging 5K within 8 weeks. This is just a guide, please tailor to how you are feeling, how you progress and what are able to do. Feel free to speak to one of our coaches if your worried about anything or wondering how to adjust.

Recovery is as important as your session, look after yourself, don't over-do it. Some achiness is normal but stop, rest and seek advice if you feel any pain. After cooling down make sure to stretch to help your recovery after.

There will be a Run/Walk Time Trial at the Club on a Monday at the end of March but if you feel up to it at the end of this plan join us at Eden Project Parkrun, this is a hilly route but will make the time trial at the end of March a breeze for you 😊

W/C	Club Night (Monday)	Session 2	Session 3
5 th Feb	5 Min Brisk Walk/ Warm Up 5 X 1 min Jog (1 min Walk) 5 X 30 sec Jog (1 min Walk) 5 Min Brisk Walk/ Cooldown	5 Min Brisk Walk/ Warm Up 8 X 1 min Jog (1 min Walk) 5 Min Brisk Walk/ Cooldown	1 Mile Jog until Tired Walk until recovered. Repeat (go by how you feel)
12 th Feb	5 Min Brisk Walk/ Warm Up 5 X 2 min Jog (2 min Walk) 5 Min Brisk Walk/ Cooldown	5 Min Brisk Walk/ Warm Up 5 X 2 min Jog (90 Sec Walk) 3 X 1 min Jog (90 Sec Walk) 5 Min Brisk Walk/ Cooldown	5 Min Brisk Walk/ Warm Up 6 X 3 Min Jog (3 Min Walk) 5 Min Brisk Walk/ Cooldown
19 th Feb	5 Min Brisk Walk/ Warm Up 3 X 5 min Jog (4 min Walk) 2 X 3 min Jog (2 min Walk) 5 Min Brisk Walk/ Cooldown	5 Min Brisk Walk/ Warm Up 5 X 5 min Jog (4 Min Walk) 5 Min Brisk Walk/ Cooldown	2 Mile Jog until Tired Walk until recovered. Repeat (go by how you feel)
26 th Feb	1 Min Walk/ 1 Min very slow Jog to Warm Up (to hill) 10 X 30sec Hill Reps 5 Min Brisk Walk/ Cooldown	5 X 1 Min Walk/ 1 Min very slow Jog to Warm Up 1 X 7 min Jog (4 Min Walk) 1 X 7 min Jog (3 Min Walk) 1 X 7 min Jog (2 Min Walk) 1 X 7 min Jog 5 Min Brisk Walk/ Cooldown	1 Mile Jog until Tired Walk until recovered. Repeat (go by how you feel)

<p>5th Mar</p>	<p>5 X 1 Min Walk/ 1 Min very Slow Jog to warm Up 1 X 10 min Jog (4min walk) 1 X 10 min Jog (3min Walk) 1 X 10 min Jog 5 Min Brisk Walk/ Cooldown</p>	<p>5 X 1 Min Walk/ 1 Min very slow Jog to Warm Up 30 Minutes Jog until Tired, Walk until Recovered, Repeat. 5 Min Brisk Walk/ Cooldown</p>	<p>2 Miles Jog until Tired Walk until recovered. Repeat (go by how you feel)</p>
<p>12th Mar</p>	<p>Jog /Walk how you feel Warm Up (10 mins to hill) 10 X 45 sec Hill Reps 5 X 1 Min Very slow Jog / 1 Min Walk to Cool down</p>	<p>2.5 Miles Jog until Tired Walk until recovered. Repeat (go by how you feel)</p>	<p>5 Minute (Jog /Walk how you feel) Warm Up 1 X 12 min Jog (4min walk) 1 X 12 min Jog (3min Walk) 1 X 12 min Jog 5 X 1 Min Very slow Jog / 1 Min Walk to Cool down</p>
<p>19th Mar</p>	<p>5 Minute (Jog /Walk how you feel) Warm Up 1 X 15 min Jog (4min walk) 1 X 15 min Jog (3min Walk) 1 X 12 min Jog 5 Min Brisk Walk/ Cooldown</p>	<p>5 X 1 Min Walk/ 1 Min very slow Jog to Warm Up 30 mins Jog until tired walk until recovered 5 X 1 Min Very slow Jog / 1 Min Walk to Cool down</p>	<p>1.5 Mile Jog until Tired Walk until recovered. Repeat (go by how you feel)</p>
<p>26th Mar</p>	<p>10 Minute (Jog /Walk how you feel) Warm Up 1 Mile TT - jog as much as you can 5 X 1 Min Very slow Jog / 1 Min Walk to Cool down</p>	<p>5 Minute (Jog /Walk how you feel) Warm Up 10 X 1 Min Jog (1 Min Walk) 5 Min Brisk Walk/ Cooldown</p>	<p>5K (3.1 miles) Why not join us at Eden Parkrun Saturday 31st March 9am. (Ask one of the leaders for details on how to register for your Barcode)</p>