

FROM WALKING TO RUNNING

6 Week Beginner Training programme

HUME 5KM RUN



	1st Week	2nd Week	3rd Week	4th Week	5th Week	6th Week
SUN	Rest or Easy Walk	Rest or Easy Walk	Rest or Easy Walk	Rest or Easy Walk	Rest or Easy Walk	Rest or Easy Walk
MON	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY
TUE	Run 1 min / Walk 2 min Repeat x8 times	Run 90 sec / Walk 2 min Repeat x6 or 7 times	Run 3 min / Walk 2 min Repeat x5 times	Run 5 min / Walk 2 min Repeat x4 times	Run 8 min / Walk 2 min Repeat x3 times	Easy 20min run
WED	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY
THU	Run 1 min / Walk 2 min Repeat x8 times	Run 90 sec / Walk 2 min Repeat x6 or 7 times	Run 3 min / Walk 2 min Repeat x5 times	Run 5 min / Walk 2 min Repeat x4 times	Run 8 min / Walk 2 min Repeat x3 times	Easy 15min run
FRI	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY
SAT	Run 1 min / Walk 2 min Repeat x8 times	Run 90 sec / Walk 2 min Repeat x6 or 7 times	Run 3 min / Walk 2 min Repeat x5 times	Run 5 min / Walk 2 min Repeat x4 times	Run 8 min / Walk 2 min Repeat x3 times	

Extra Guidance:

- Always warm up 5 minutes walking before each run
- Keep runs easy (conversational pace)
- If a day feels too hard → repeat the previous week instead of pushing through

"No matter how slow you go, you are still lapping everyone on the couch."