

Ready, Set, Go

Beginners Guide to Running 5km in 10 Weeks



beSTRONG

10-Week Beginner Run Program: 0-5km/ 3 sessions per week

Goal: To build a solid base for running 5km

	Day	Workout	Comments	Done
Week 1: Build	Monday	Off	Rest Day	
Weekly time on your feet: 60 minutes	Tuesday	Run 20 Minutes 5-minute fast walk 10-minute run 5-minute fast walk	The run can be continuous or a Run/Walk combo. -1min run/2min walk -2min run/2min walk -3min run/2 min walk	
	Wednesday	Off or Cross Train		
	Thursday	Run 20 Minutes 5-minute fast walk 10-minute run 5-minute fast walk	The run can be continuous or a Run/Walk combo. -1min run/2min walk -2min run/2min walk -3min run/2 min walk	
	Friday	Off or Cross Train		
	Saturday	30-60min Activity	Family Activity	
	Sunday	Run 20 Minutes 5-minute fast walk 10-minute run 5-minute fast walk	The run can be continuous or a Run/Walk combo. -1min run/2min walk -2min run/2min walk -3min run/2 min walk You should be able to hold a conversation the entire workout	

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	Day	Workout	Comments	Done
Week 2: Build	Monday	Off	Rest Day	
Weekly time on your feet: 65 minutes	Tuesday	Run 20 Minutes 5- minute fast walk 10-minute run 5-minute fast walk	The run can be continuous or a Run/Walk combo. -1min run/2min walk -2min run/2min walk -3min run/2 min walk	
	Wednesday	Off or Cross Train		
	Thursday	Run 20 Minutes 5- minute fast walk 10-minute run 5-minute fast walk	The run can be continuous or a Run/Walk combo. -1min run/2min walk -2min run/2min walk -3min run/2 min walk	
	Friday	Off or Cross Train		
	Saturday	30-60min Activity	Family Activity	
	Sunday	Run 25 Minutes 5-minute fast walk 15-minute run 5-minute fast walk	The run can be continuous or a Run/Walk combo. -1min run/2min walk -2min run/2min walk -3min run/2 min walk You should be able to hold a conversation the entire workout	

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	Day	Workout	Comments	Done
Week 3: Build	Monday	Off	Rest Day	
Weekly time on your feet: 1-hour 10min	Tuesday	Run 25 Minutes 5-minute fast walk 15-minute run 5-minute fast walk	The run can be continuous or a Run/Walk combo. -2min run/2min walk -3min run/2min walk -4min run/2 min walk	
	Wednesday	Off or Cross Train		
	Thursday	Run 20 Minutes 5-minute fast walk 10-minute run 5-minute fast walk	The run can be continuous or a Run/Walk combo. -2min run/2min walk -3min run/2min walk -4min run/2 min walk	
	Friday	Off or Cross Train		
	Saturday	30-60min Activity	Family Activity	
	Sunday	Run 25 Minutes 5-minute fast walk 15-minute run 5-minute fast walk	The run can be continuous or a Run/Walk combo. -2min run/2min walk -3min run/2min walk -4min run/2 min walk You should be able to hold a conversation the entire workout	

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	Day	Workout	Comments	Done
Week 4: Build	Monday	Off	Rest Day	
Weekly time on your feet: 1-hour 15min	Tuesday	Run 25 Minutes 5-minute fast walk 15-minute run 5-minute fast walk	The run can be continuous or a Run/Walk combo. -2min run/2min walk -3min run/2min walk -4min run/2 min walk	
	Wednesday	Off or Cross Train		
	Thursday	Run 20 Minutes 5-minute fast walk 10-minute run 5-minute fast walk	The run can be continuous or a Run/Walk combo. -2min run/2min walk -3min run/2min walk -4min run/2 min walk	
	Friday	Off or Cross Train		
	Saturday	30-60min Activity	Family Activity	
	Sunday	Run 30 Minutes 5-minute fast walk 20-minute run 5-minute fast walk	The run can be continuous or a Run/Walk combo. -2min run/2min walk -3min run/2min walk -4min run/2 min walk You should be able to hold a conversation the entire workout	

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	Day	Workout	Comments	Done
Week 5: Recovery	Monday	Off	Rest Day	
Weekly time on your feet: 60 minutes	Tuesday	Run 20 Minutes 5-minute fast walk 10-minute run 5-minute fast walk	The run can be continuous or a Run/Walk combo. -3min run/1min walk -5min run/1 min walk	
	Wednesday	Off or Cross Train		
	Thursday	Run 20 Minutes 5-minute fast walk 10-minute run 5-minute fast walk	The run can be continuous or a Run/Walk combo. -3min run/1min walk -5min run/1 min walk	
	Friday	Off or Cross Train		
	Saturday	30-60min Activity	Family Activity	
	Sunday	Run 20 Minutes 5-minute fast walk 10-minute run 5-minute fast walk	The run can be continuous or a Run/Walk combo. -3min run/1min walk -5min run/1 min walk You should be able to hold a conversation the entire workout	

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	Day	Workout	Comments	Done
Week 6: Build	Monday	Off	Rest Day	
Weekly time on your feet: 1-hour 25min	Tuesday	Run 25 Minutes	The run can be continuous or a Run/Walk combo. -3min run/1min walk -5min run/1 min walk	
	Wednesday	Off or Cross Train		
	Thursday	Run 25 Minutes	The run can be continuous or a Run/Walk combo. -3min run/1min walk -5min run/1 min walk	
	Friday	Off or Cross Train		
	Saturday	30-60min Activity	Family Activity	
	Sunday	Long Run 35 Minutes	The run can be continuous or a Run/Walk combo. -3min run/1min walk -5min run/1 min walk You should be able to hold a conversation the entire workout	

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	Day	Workout	Comments	Done
Week 7: Build	Monday	Off	Rest Day	
Weekly time on your feet: 1-hour 30min	Tuesday	Run 25 Minutes	The run can be continuous or a Run/Walk combo. -3min run/1min walk -5min run/1 min walk	
	Wednesday	Off or Cross Train		
	Thursday	Run 25 Minutes	The run can be continuous or a Run/Walk combo. -3min run/1min walk -5min run/1 min walk	
	Friday	Off or Cross Train		
	Saturday	30-60min Activity	Family Activity	
	Sunday	Long Run 40 Minutes	The run can be continuous or a Run/Walk combo. -3min run/1min walk -5min run/1 min walk You should be able to hold a conversation the entire workout	

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	Day	Workout	Comments	Done
Week 8: Build	Monday	Off	Rest Day	
Weekly time on your feet: 1hour 40min	Tuesday	Run 30 Minutes	The run can be continuous or a Run/Walk combo. -5min run/1 min walk	
	Wednesday	Off or Cross Train		
	Thursday	Run 30 Minutes	The run can be continuous or a Run/Walk combo. -5min run/1 min walk	
	Friday	Off or Cross Train		
	Saturday	30-60min Activity	Family Activity	
	Sunday	Long Run 40 Minutes	The run can be continuous or a Run/Walk combo. -3min run/1min walk -5min run/1 min walk You should be able to hold a conversation the entire workout	

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	Day	Workout	Comments	Done
Week 9: Build	Monday	Off	Rest Day	
Weekly time on your feet: 1-hour 45min	Tuesday	Run 30 Minutes	The run can be continuous or a Run/Walk combo. -5min run/1 min walk	
	Wednesday	Off or Cross Train		
	Thursday	Run 30 Minutes	The run can be continuous or a Run/Walk combo. -5min run/1 min walk	
	Friday	Off or Cross Train		
	Saturday	30-60min Activity	Family Activity	
	Sunday	Long Run 45 Minutes	The run can be continuous or a Run/Walk combo. -3min run/1min walk -5min run/1 min walk You should be able to hold a conversation the entire workout	

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	Day	Workout	Comments	Done
Week 10: 5km	Monday	Off	Rest Day	
	Tuesday	Run 20 Minutes	The run can be continuous or a Run/Walk combo. -5min run/1 min walk	
	Wednesday	Off or Cross Train		
	Thursday	Run 20 Minutes	The run can be continuous or a Run/Walk combo. -5min run/1 min walk	
	Friday	Off or Cross Train		
	Saturday	Rest		
	Sunday	5km Run	Go at your own pace and have fun. You have earned it!	

Congratulations!

You've made it through the 10-weeks.

How do you feel?

Let us know on social, e-mail or leave us a
Google Review.

Your running and strength journey doesn't
have to stop there.

Want to keep working together and
experience personalized coaching and
workouts you're guaranteed to love and
see results with?

Let's connect:

Book in a complimentary consultation:
www.beststrongtraining.ca

Follow us on Instagram:
[@beststrongtraining.ca](https://www.instagram.com/beststrongtraining.ca)

Leave a Google Review:
[Link](#)

