Beginner Run plan – Zero to 5k!

This program is designed for beginners to running with each week progressively building on the previous. We have also included some online class suggestions to assist with your fitness for running, recovery and general health and wellbeing. Make sure you stay well hydrated, and be responsible with your social distancing at all times while exercising

Run Days

The Run sessions incorporate interval training of short periods of running followed by walking recovery. The run intervals don't need to be fast and should be done at a comfortable pace or around a 4-5 RPE.

Rest Days

Can be completed as a total rest if you are sore, or a better option is to assist recovery by completing a light walk to or a targeted Online Class to build your core strength and mobility.

Options

Progression – Have some running experience = Increase the pace on your run Intervals to a 6-7 RPE Regression – Not quite at a run yet = sub run intervals with a fast walk Alternative - sub in a bike ride = increase the pace for the work interval followed by easy pedaling recovery

Stay Connected

If you're posting your sessions make sure you tag us @melbunisport #melbunisportfitness

Schedule

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Active Recovery Walk	Warm Up	Rest Day	Warm Up	Rest Day	Rest Day	Warm Up
	5min Walk @ easy pace		5min Walk @ easy pace			5min Walk @ easy pace
Or		Or		Or	Or	
	Main Set		Main Set			Main Set
Online Class of your	10 x	Active	4 x	Active	Online Class of	5 x
choice	1min Run +	Recovery Walk	2min Run +	Recovery Walk	your choice	2min Run +
HIIT with Amira and	1min Walk recovery		4min Walk		Yoga	3min Walk
Adi		Or		Or	Pilates	
Yoga with Mary	Cool Down		Cool Down		Stretch & Release	Cool Down
Pilates with Filomena	5min Walk @ easy pace	Online Class	5min Walk @ easy pace	Online Class		5min Walk @ easy pace
		Corepower with		Stretch &		
	Total:	Filomena	Total:	Release		Total:
	30min		34min			35min

	RPE Scale (Rate of Perceived Exertion)
1	Very Light Activity (anything other than complete rest)
2-3	Light activity (feels like you can maintain for hours, easy to breath and carry on a conversation)
4-5	Moderate Activity (feel like you can exercise for long periods of time, able to talk and hold short conversations)
6-7	Vigorous Activity (on the verge of becoming uncomfortable, short of breath, can speak a sentence)
8-9	Very Hard Activity (difficult to maintain exercise intensity, hard to speak more than a single word)
10	Max Effort (feels impossible to continue, completely

Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Active Recovery Walk	Warm Up	Rest Day	Warm Up	Rest Day	Rest Day	Warm Up
	5min Walk @ easy pace		5min Walk @ easy pace			5min Walk @ easy pace
Or		Or		Or	Or	
	Main Set		Main Set			Main Set
Online Class of your	12 x	Active	4 x	Active	Online Class of	5 x
choice	1min Run +	Recovery Walk	3min Run +	Recovery Walk	your choice	3min Run +
HIIT	1min Walk recovery		3min Walk			3min Walk
X-Train		Or		Or		
Yoga	Cool Down		Cool Down			Cool Down
Pilates	5min Walk @ easy pace	Online Class	5min Walk @ easy pace	Online Class		5min Walk @ easy pace
Release & Recover		Clinical Pilates		Release &		
	Total:	Corepower	Total:	recover		Total:
	34min		34min	Stretch & Tone		40min
				Mindful		
				meditation		
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Active Recovery Walk	Warm Up	Rest Day	Warm Up	Rest Day	Rest Day	Warm Up
	5min Walk @ easy pace		5min Walk @ easy pace			5min Walk @ easy pace
Or		Or		Or	Or	
	Main Set		Main Set			Main Set
Online Class of your	4 x 2min Run +	Active	4 x	Active	Online Class of	5 x
choice	1min Walk recovery	Recovery Walk	4min Run +	Recovery Walk	your choice	4min Run +
HIIT			3min Walk			2min Walk
X-Train	10 x	Or		Or		
Yoga	1min Run +		Cool Down			Cool Down
Pilates	1min Walk recovery	Online Class	5min Walk @ easy pace	Online Class		5min Walk @ easy pace
Release & Recover		Clinical Pilates		Release &		
	Cool Down	Corepower	Total:	recover		Total:
	5min Walk @ easy pace		38min	Stretch & Tone		40min
				Mindful		
	Total:			meditation		
	38min					

Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Active Recovery Walk	Warm Up	Rest Day	Warm Up	Rest Day	Rest Day	Warm Up
	5min Walk @ easy pace		5min Walk @ easy pace			5min Walk @ easy pace
Or		Or		Or	Or	
	Main Set		Main Set			Main Set
Online Class of your	5 x 2min Run +	Active	4 x	Active	Online Class of	5 x
choice	1min Walk recovery	Recovery Walk	5min Run +	Recovery Walk	your choice	5min Run +
HIIT			3min Walk			2min Walk
X-Train	10 x	Or		Or		
Yoga	1min Run +		Cool Down			Cool Down
Pilates	1min Walk recovery	Online Class	5min Walk @ easy pace	Online Class		5min Walk @ easy pace
Release & Recover	RPE 6-7	Clinical Pilates		Release &		
	Cool Down	Corepower	Total:	recover		Total:
	5min Walk @ easy pace	Core Circuit	42min	Stretch & Tone		45min
				Mindful		
	Total:			meditation		
	40min					
Day 29	Day 30	Day 31	Day 32	Day 33	Day 34	Day 35
Day 29 Active Recovery Walk	Warm Up	Day 31 Rest Day	Warm Up	Day 33 Rest Day	Day 34 Rest Day	Warm Up
Active Recovery Walk		Rest Day		Rest Day	Rest Day	
•	Warm Up 5min Walk @ easy pace	•	Warm Up 5min Walk @ easy pace		•	Warm Up 5min Walk @ easy pace
Active Recovery Walk Or	Warm Up 5min Walk @ easy pace Main Set	Rest Day Or	Warm Up 5min Walk @ easy pace Main Set	Rest Day Or	Rest Day Or	Warm Up 5min Walk @ easy pace Main Set
Active Recovery Walk Or Online Class of your	Warm Up 5min Walk @ easy pace Main Set 15 x	Rest Day Or Active	Warm Up 5min Walk @ easy pace Main Set 4 x	Rest Day Or Active	Rest Day Or Online Class of	Warm Up 5min Walk @ easy pace Main Set 4 x
Active Recovery Walk Or Online Class of your choice	Warm Up 5min Walk @ easy pace Main Set 15 x 1min Run +	Rest Day Or	Warm Up 5min Walk @ easy pace Main Set 4 x 6min Run +	Rest Day Or	Rest Day Or	Warm Up 5min Walk @ easy pace Main Set 4 x 6min Run +
Active Recovery Walk Or Online Class of your choice HIIT	Warm Up 5min Walk @ easy pace Main Set 15 x	Or Active Recovery Walk	Warm Up 5min Walk @ easy pace Main Set 4 x	Or Active Recovery Walk	Rest Day Or Online Class of	Warm Up 5min Walk @ easy pace Main Set 4 x
Active Recovery Walk Or Online Class of your choice HIIT X-Train	Warm Up 5min Walk @ easy pace Main Set 15 x 1min Run + 1min Walk recovery	Rest Day Or Active	Warm Up 5min Walk @ easy pace Main Set 4 x 6min Run + 3min Walk	Rest Day Or Active	Rest Day Or Online Class of	Warm Up 5min Walk @ easy pace Main Set 4 x 6min Run + 2min Walk
Active Recovery Walk Or Online Class of your choice HIIT X-Train Yoga	Warm Up 5min Walk @ easy pace Main Set 15 x 1min Run + 1min Walk recovery Cool Down	Or Active Recovery Walk Or	Warm Up 5min Walk @ easy pace Main Set 4 x 6min Run + 3min Walk Cool Down	Or Active Recovery Walk Or	Rest Day Or Online Class of	Warm Up 5min Walk @ easy pace Main Set 4 x 6min Run + 2min Walk Cool Down
Active Recovery Walk Or Online Class of your choice HIIT X-Train Yoga Pilates	Warm Up 5min Walk @ easy pace Main Set 15 x 1min Run + 1min Walk recovery	Rest Day Or Active Recovery Walk Or Online Class	Warm Up 5min Walk @ easy pace Main Set 4 x 6min Run + 3min Walk	Rest Day Or Active Recovery Walk Or Online Class	Rest Day Or Online Class of	Warm Up 5min Walk @ easy pace Main Set 4 x 6min Run + 2min Walk
Active Recovery Walk Or Online Class of your choice HIIT X-Train Yoga	Warm Up 5min Walk @ easy pace Main Set 15 x 1min Run + 1min Walk recovery Cool Down 5min Walk @ easy pace	Rest Day Or Active Recovery Walk Or Online Class Clinical Pilates	Warm Up 5min Walk @ easy pace Main Set 4 x 6min Run + 3min Walk Cool Down 5min Walk @ easy pace	Rest Day Or Active Recovery Walk Or Online Class Release &	Rest Day Or Online Class of	Warm Up 5min Walk @ easy pace Main Set 4 x 6min Run + 2min Walk Cool Down 5min Walk @ easy pace
Active Recovery Walk Or Online Class of your choice HIIT X-Train Yoga Pilates	Warm Up 5min Walk @ easy pace Main Set 15 x 1min Run + 1min Walk recovery Cool Down 5min Walk @ easy pace Total:	Rest Day Or Active Recovery Walk Or Online Class Clinical Pilates Corepower	Warm Up 5min Walk @ easy pace Main Set 4 x 6min Run + 3min Walk Cool Down 5min Walk @ easy pace Total:	Rest Day Or Active Recovery Walk Or Online Class Release & recover	Rest Day Or Online Class of	Warm Up 5min Walk @ easy pace Main Set 4 x 6min Run + 2min Walk Cool Down 5min Walk @ easy pace Total:
Active Recovery Walk Or Online Class of your choice HIIT X-Train Yoga Pilates	Warm Up 5min Walk @ easy pace Main Set 15 x 1min Run + 1min Walk recovery Cool Down 5min Walk @ easy pace	Rest Day Or Active Recovery Walk Or Online Class Clinical Pilates	Warm Up 5min Walk @ easy pace Main Set 4 x 6min Run + 3min Walk Cool Down 5min Walk @ easy pace	Rest Day Or Active Recovery Walk Or Online Class Release & recover Stretch & Tone	Rest Day Or Online Class of	Warm Up 5min Walk @ easy pace Main Set 4 x 6min Run + 2min Walk Cool Down 5min Walk @ easy pace
Active Recovery Walk Or Online Class of your choice HIIT X-Train Yoga Pilates	Warm Up 5min Walk @ easy pace Main Set 15 x 1min Run + 1min Walk recovery Cool Down 5min Walk @ easy pace Total:	Rest Day Or Active Recovery Walk Or Online Class Clinical Pilates Corepower	Warm Up 5min Walk @ easy pace Main Set 4 x 6min Run + 3min Walk Cool Down 5min Walk @ easy pace Total:	Rest Day Or Active Recovery Walk Or Online Class Release & recover Stretch & Tone Mindful	Rest Day Or Online Class of	Warm Up 5min Walk @ easy pace Main Set 4 x 6min Run + 2min Walk Cool Down 5min Walk @ easy pace Total:
Active Recovery Walk Or Online Class of your choice HIIT X-Train Yoga Pilates	Warm Up 5min Walk @ easy pace Main Set 15 x 1min Run + 1min Walk recovery Cool Down 5min Walk @ easy pace Total:	Rest Day Or Active Recovery Walk Or Online Class Clinical Pilates Corepower	Warm Up 5min Walk @ easy pace Main Set 4 x 6min Run + 3min Walk Cool Down 5min Walk @ easy pace Total:	Rest Day Or Active Recovery Walk Or Online Class Release & recover Stretch & Tone	Rest Day Or Online Class of	Warm Up 5min Walk @ easy pace Main Set 4 x 6min Run + 2min Walk Cool Down 5min Walk @ easy pace Total:
Active Recovery Walk Or Online Class of your choice HIIT X-Train Yoga Pilates	Warm Up 5min Walk @ easy pace Main Set 15 x 1min Run + 1min Walk recovery Cool Down 5min Walk @ easy pace Total:	Rest Day Or Active Recovery Walk Or Online Class Clinical Pilates Corepower	Warm Up 5min Walk @ easy pace Main Set 4 x 6min Run + 3min Walk Cool Down 5min Walk @ easy pace Total:	Rest Day Or Active Recovery Walk Or Online Class Release & recover Stretch & Tone Mindful	Rest Day Or Online Class of	Warm Up 5min Walk @ easy pace Main Set 4 x 6min Run + 2min Walk Cool Down 5min Walk @ easy pace Total:
Active Recovery Walk Or Online Class of your choice HIIT X-Train Yoga Pilates	Warm Up 5min Walk @ easy pace Main Set 15 x 1min Run + 1min Walk recovery Cool Down 5min Walk @ easy pace Total:	Rest Day Or Active Recovery Walk Or Online Class Clinical Pilates Corepower	Warm Up 5min Walk @ easy pace Main Set 4 x 6min Run + 3min Walk Cool Down 5min Walk @ easy pace Total:	Rest Day Or Active Recovery Walk Or Online Class Release & recover Stretch & Tone Mindful	Rest Day Or Online Class of	Warm Up 5min Walk @ easy pace Main Set 4 x 6min Run + 2min Walk Cool Down 5min Walk @ easy pace Total:

Day 36	Day 37	Day 38	Day 39	Day 40	Day 41	Day 42
Active Recovery Walk	Warm Up	Rest Day	Warm Up	Rest Day	Rest Day	Warm Up
	5min Walk @ easy pace		5min Walk @ easy pace			5min Walk @ easy pace
Or		Or		Or	Or	
	Main Set		Main Set			Main Set
Online Class of your	10 x	Active	2 x	Active	Online Class of	4 x
choice	1min Run +	Recovery Walk	4min Run + 1min Walk	Recovery Walk	your choice	7min Run +
HIIT	1min Walk recovery		3min Run + 1min Walk			2min Walk
X-Train	RPE 6-7	Or	2min Run + 1min Walk	Or		
Yoga			1min Run + 2min Walk			Cool Down
Pilates	2min Walk	Online Class		Online Class		5min Walk @ easy pace
Release & Recover		Clinical Pilates	Cool Down	Release &		
	10 x	Pilates	5min Walk @ easy pace	recover		Total:
	30s Run +	Corepower		Stretch & Tone		46min
	30s Jog/walk	Core Circuit	Total:	Mindful		
	RPE 6-7		40min	meditation		
	Cool Down					
	5min Walk @ easy pace					
	Total:					
D 40	42min		D 46		D 40	5 40
Day 43	Day 44	Day 45	Day 46	Day 47	Day 48	Day 49
Active Recovery Walk	Warm Up	Rest Day	Warm Up	Rest Day	Rest Day	Warm Up
	5min Walk @ easy pace	0.	5min Walk @ easy pace			5min Walk @ easy pace
Or	and our	Or	And Col	Or	Or	And Co.
	Main Set	A . 1.* .	Main Set	.		Main Set
Online Class of your	20 x	Active	8 x	Active	Online Class of	3 x
choice	1min Run +	Recovery Walk	2min Run + 1min Easy	Recovery Walk	your choice	10min Run +
HIIT X-Train	1min Walk recovery RPE 6-7	Or	Jog + 1min walk	Or		3min Walk
	NPE 0-/	UI		UI		Cool Down
Yoga Pilates	Cool Down	Online Class	Cool Down	Online Class		5min Walk @ easy pace
Release & Recover	5min Walk @ easy pace	Clinical Pilates	5min Walk @ easy pace	Release &		Jillii walk @ easy pace
ויפופמצב מ תפנטעפו	Simili walk @ easy pace	Pilates	Jillii waik @ easy pace	recover		Total:
	Total:	Corepower	Total:	Stretch & Tone		49min
	50min	Core Circuit	42min	Mindful		TJ111111
	John	Core Circuit	7211111	meditation		
				meditation		