

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

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

Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Active Recovery Walk Or Online Class of your choice HIIT X-Train Yoga Pilates Release & Recover	Warm Up 5min Walk @ easy pace Main Set 5 x 2min Run + 1min Walk recovery 10 x 1min Run + 1min Walk recovery RPE 6-7 Cool Down 5min Walk @ easy pace Total: 40min	Rest Day Or Active Recovery Walk Or Online Class Clinical Pilates Corepower Core Circuit	Warm Up 5min Walk @ easy pace Main Set 4 x 5min Run + 3min Walk Cool Down 5min Walk @ easy pace Total: 42min	Rest Day Or Active Recovery Walk Or Online Class Release & recover Stretch & Tone Mindful meditation	Rest Day Or Online Class of your choice	Warm Up 5min Walk @ easy pace Main Set 5 x 5min Run + 2min Walk Cool Down 5min Walk @ easy pace Total: 45min
Day 29	Day 30	Day 31	Day 32	Day 33	Day 34	Day 35
Active Recovery Walk Or Online Class of your choice HIIT X-Train Yoga Pilates Release & Recover	Warm Up 5min Walk @ easy pace Main Set 15 x 1min Run + 1min Walk recovery Cool Down 5min Walk @ easy pace Total: 40min	Rest Day Or Active Recovery Walk Or Online Class Clinical Pilates Corepower Core Circuit	Warm Up 5min Walk @ easy pace Main Set 4 x 6min Run + 3min Walk Cool Down 5min Walk @ easy pace Total: 46min	Rest Day Or Active Recovery Walk Or Online Class Release & recover Stretch & Tone Mindful meditation	Rest Day Or Online Class of your choice	Warm Up 5min Walk @ easy pace Main Set 4 x 6min Run + 2min Walk Cool Down 5min Walk @ easy pace Total: 42min

Day 36	Day 37	Day 38	Day 39	Day 40	Day 41	Day 42
Active Recovery Walk Or Online Class of your choice HIIT X-Train Yoga Pilates Release & Recover	Warm Up 5min Walk @ easy pace Main Set 10 x 1min Run + 1min Walk recovery RPE 6-7 2min Walk 10 x 30s Run + 30s Jog/walk RPE 6-7 Cool Down 5min Walk @ easy pace Total: 42min	Rest Day Or Active Recovery Walk Or Online Class Clinical Pilates Pilates Corepower Core Circuit	Warm Up 5min Walk @ easy pace Main Set 2 x 4min Run + 1min Walk 3min Run + 1min Walk 2min Run + 1min Walk 1min Run + 2min Walk Cool Down 5min Walk @ easy pace Total: 40min	Rest Day Or Active Recovery Walk Or Online Class Release & recover Stretch & Tone Mindful meditation	Rest Day Or Online Class of your choice	Warm Up 5min Walk @ easy pace Main Set 4 x 7min Run + 2min Walk Cool Down 5min Walk @ easy pace Total: 46min
Day 43	Day 44	Day 45	Day 46	Day 47	Day 48	Day 49
Active Recovery Walk Or Online Class of your choice HIIT X-Train Yoga Pilates Release & Recover	Warm Up 5min Walk @ easy pace Main Set 20 x 1min Run + 1min Walk recovery RPE 6-7 Cool Down 5min Walk @ easy pace Total: 50min	Rest Day Or Active Recovery Walk Or Online Class Clinical Pilates Pilates Corepower Core Circuit	Warm Up 5min Walk @ easy pace Main Set 8 x 2min Run + 1min Easy Jog + 1min walk Cool Down 5min Walk @ easy pace Total: 42min	Rest Day Or Active Recovery Walk Or Online Class Release & recover Stretch & Tone Mindful meditation	Rest Day Or Online Class of your choice	Warm Up 5min Walk @ easy pace Main Set 3 x 10min Run + 3min Walk Cool Down 5min Walk @ easy pace Total: 49min