

A&L Goodbody

Run your first ALG5K

BEGINNER

TRAINING PLAN

This plan is geared towards the beginner who has started running recently and now wants to take it up a level and get involved in a 5k run or race.

A L G
5K

Before you kick off your training

we recommend you get in touch with your GP for a health check to see if you are ok to start a programme, which sets running targets for five days every week.

Once you start the programme, you need to listen to your body, if you begin to feel unwell, or hurt yourself go back to your GP for a check-up.

To keep yourself injury free we recommend doing some stretching before and after each run and some strengthening exercises.



TIPS

Try to do as much of your training as possible off road – on grass, gravel or dirt as these surfaces are far more forgiving than tarmac and will have less of an impact on your joints.

For more useful tips, click below to visit the Athletics Ireland website.

ATHLETICS IRELAND WEBSITE



WEEK ONE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Seven minute jog	Seven minute jog with 3 X 20 seconds fast efforts within the run. Give yourself a two minute jog between each 20 second fast.	Rest day	Seven minute jog with 3 X 20 seconds fast efforts within the run. Give yourself a two minute jog between each 20 second fast.	Seven minute jog	Rest day	10 minutes fartlek*. If you are running on the road, pick out lamp posts to run quickly between. If you are off road, try to find trees or other landmarks 50 metres away and challenge yourself to run quickly to them.

WEEK TWO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Eight minute jog	Eight minute jog with 3 X 20 seconds fast efforts within the run. Give yourself a two minute jog between each 20 second fast.	Rest day	Eight minute jog with 3 X 20 seconds fast efforts within the run. Give yourself a two minute jog between each 20 second fast.	Eight minute jog	Rest day	10 minutes fartlek. If you are running on the road, pick out lamp posts to run quickly between. If you are off road, try to find trees or other landmarks 50 metres away and challenge yourself to run quickly to them.

WEEK THREE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Nine minute jog	Nine minute jog with 3 X 20 seconds fast efforts within the run. Give yourself a two minute jog between each 20 second fast.	Rest	Nine minute jog with 3 X 20 seconds fast efforts within the run. Give yourself a two minute jog between each 20 second fast.	10 minute jog	Rest	10 minutes fartlek. If you are running on the road, pick out lamp posts to run quickly between. If you are off road, try to find trees or other landmarks 50 metres away and challenge yourself to run quickly to them.

*Fartlek - consisting of bursts of intense effort loosely alternating with less strenuous activity

WEEK FOUR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10 minute jog	10 minute jog with 3 X 20 seconds fast efforts within the run. Give yourself a two minute jog between each 20 second fast.	Rest	10 minute jog with 3 X 20 seconds fast efforts within the run. Give yourself a two minute jog between each 20 second fast.	10 minute jog	Rest	10 minutes fartlek. If you are running on the road, pick out lamp posts to run quickly between. If you are off road, try to find trees or other landmarks 50 metres away and challenge yourself to run quickly to them.

WEEK FIVE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10 minute jog	10 minute jog with 3 X 20 seconds fast efforts within the run. Give yourself a two minute jog between each 20 second fast.	Rest	10 minute jog with 3 X 20 seconds fast efforts within the run. Give yourself a two minute jog between each 20 second fast.	20 minute jog	Rest	15 minutes fartlek. If you are running on the road, pick out lamp posts to run quickly between. If you are off road, try to find trees or other landmarks 50 metres away and challenge yourself to run quickly to them.

WEEK SIX

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10 minute jog	10 minute jog with 3 X 20 seconds fast efforts within the run. Give yourself a two minute jog between each 20 second fast.	Rest	10 minute jog with 3 X 20 seconds fast efforts within the run. Give yourself a two minute jog between each 20 second fast.	20 minute jog	Rest	15 minutes fartlek. If you are running on the road, pick out lamp posts to run quickly between. If you are off road, try to find trees or other landmarks 50 metres away and challenge yourself to run quickly to them.

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