

# 5KM BEGINNER TRAINING PLAN

Welcome to your 5km beginners training plan. Firstly, thank you for signing up to an event with Parkinson's UK. You're truly helping us to improve the lives of everyone affected by Parkinson's.

The 5km run is a great event to take part in. It's an ideal introduction to running as well as a meaningful challenge in its own right. To get you on your way, here's our six week training plan. Whether you're aiming for a personal best, or to complete the run, this guide will help you with whatever your goal may be.

**Don't forget to warm up and cool down prior to any form of exercise.** You can find our warm up and cool down section on our training hub. Best of luck! If you have any questions please email us on [events@parkinsons.org.uk](mailto:events@parkinsons.org.uk).

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	Rest	Run 1min Walk 1min x 10 sets  (20mins total)	Rest	Run 2mins Walk 4mins x 5 sets  (30mins total)	Rest	Rest	Run 2mins Walk 4mins x 5 sets  (30mins total)
2	Rest	Run 3mins Walk 3mins x 4 sets  (24mins total)	Rest	Run 3mins Walk 3mins x 4 sets  (24mins total)	Rest	Rest	Run 5mins Walk 3mins x 3 sets  (24mins total)
3	Rest	Run 7mins Walk 2mins x 3 sets  (27mins total)	Rest	Run 8mins Walk 2mins x 3 sets  (30mins total)	Rest	Rest	Run 8mins Walk 2mins x 3 sets  (30mins total)
4	Rest	Run 8mins Walk 2mins x 3 sets  (30mins total)	Rest	Run 10mins Walk 2mins x 2 sets Run 5 mins  (29mins total)	Rest	Rest	Run 8mins Walk 2mins x 3 sets  (30mins total)
5	Rest	Run 9mins Walk 1min x 3 sets  (30mins total)	Rest	Run 12mins Walk 2mins x 2 sets Run 5 mins  (33mins total)	Rest	Rest	Run 8mins Walk 2mins x 3 sets  (30mins total)
6	Rest	Run 15mins Walk 1min x 2 sets  (32mins total)	Rest	Run 8mins Walk 2mins x 3 sets  (30mins total)	Rest	Rest	<b>Race day!</b>