



# RUN CLUB

**2XU**

BEGINNER

## 5km Training Program

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BEGINNER

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# 5km Training Program

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## About the Program

This program has been designed for those **new to running** or those who **haven't run for a long time**.

It is an **introductory program** to ensure you are safely able to complete the **5km distance**.

Developed by professional distance runner & recreational running coach **Riley Cocks**.

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# About Riley

Riley is a professional Australian Distance runner, Physiotherapist & Recreational Running Coach. He is the co-founder and head coach of Adelaide based running group and online coaching service RunAsOne.

He holds personal bests of 1:02.54 for the half-marathon, 28:45 for 10,000m, and 13:50 for 5,000m. As a coach Riley draws on over a decade of running experience combined with his background in physiotherapy and 6 years of working in a running specialty store. He is eager to share his wealth of knowledge in the latest training philosophies, recovery techniques, injury prevention to help runners of all levels to reach their goals.



**LEARN MORE ABOUT**

**RILEY**

**RUN AS ONE**

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# Training Terms

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## EASY

This level of effort should largely feel easy aerobically but wont always be easy. For example a 10min run at an easy pace vs your first 90min run at easy pace. The pace will be the same however, due to the increase in duration, it will likely not feel easy towards the end until you adapt to the increase. But a good simple test to tell you are in the easy/aerobic zone is the talk test. You should be able to have a conversation. If you cant, you are probably going too hard.

## SOLID

This level of effort is a touch harder than easy. It's more of a tempo effort. A simple test would be you should be able to chat but not at the same level as Easy/aerobic. For example you might be able to have a conversation but it would be very difficult to maintain or would be broken so you could catch your breath.

## HARD

This level of effort should be difficult and uncomfortable to sustain. You wont feel like talking and if you tried it would only be a few words as you should be breathing quite heavily.

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## KEY ABBREVIATIONS

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**W/U** Warm Up

**W/D** Warm Down

**TT** Time Trial

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# Recovery is Training

## THE IMPORTANCE OF RECOVERY

The only training you benefit from is the training you recover from.

It's true that pushing your limits makes you perform better. But the closer you get to the edge, the higher the risk of injury or illness.

That's why recovery is so important.

The better you recover, the better you can train. And ultimately, the better you will perform.

Recovery days are scheduled during the week. If this exact schedule doesn't suit your weekly schedule make sure you are scheduling rest and recovery days in between harder efforts to ensure you adapt and recover.

## PRODUCT FEATURE



SHOP RECOVERY

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# Go to Week

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| MON  | <b>Recovery Focus:</b> Massage, Foam Roller, Yoga, etc.  |
| TUES | <b>Walk/Run:</b><br>W/U: 5min Walk<br>Main Set: 5x 2min Easy Run/1min Walk Between<br>W/D: 5min Walk |
| WEDS | <b>Recovery Focus:</b> Massage, Foam Roller, Yoga, etc.  |
| THUR | <b>Rest Day</b>  |
| FRI  | <b>Walk/Run:</b><br>W/U: 5min Walk<br>Main Set: 4x 3min Easy Run/1min Walk Between<br>W/D: 5min Walk |
| SAT  | <b>Rest Day</b>  |
| SUN  | <b>X Train:</b><br>20-30min Low Impact Aerobic Exercise,<br>Eg. Bike, Swim, Elliptical               |

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|------|--|
| MON  | <b>Recovery Focus:</b> Massage, Foam Roller, Yoga, etc.  |
| TUES | <b>Walk/Run:</b><br>W/U: 5min Walk<br>Main Set: 5x 3min Easy Run/1min Walk Between<br>W/D: 5min Walk |
| WEDS | <b>Recovery Focus:</b> Massage, Foam Roller, Yoga, etc.  |
| THUR | <b>Rest Day</b>  |
| FRI  | <b>Walk/Run:</b><br>W/U: 5min Walk<br>Main Set: 5x 4min Easy Run/1min Walk Between<br>W/D: 5min Walk |
| SAT  | <b>Rest Day</b>  |
| SUN  | <b>X Train:</b><br>20-30min Low Impact Aerobic Exercise,<br>Eg. Bike, Swim, Elliptical               |

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| MON  | <b>Recovery Focus:</b> Massage, Foam Roller, Yoga, etc.  |
| TUES | <b>Walk/Run:</b><br>W/U: 5min Walk<br>Main Set: 5x 5min Easy Run/1min Walk Between<br>W/D: 5min Walk |
| WEDS | <b>Recovery Focus:</b> Massage, Foam Roller, Yoga, etc.  |
| THUR | <b>Rest Day</b>  |
| FRI  | <b>Walk/Run:</b><br>W/U: 5min Walk<br>Main Set: 3x 7min Easy Run/3min Walk Between<br>W/D: 5min Walk |
| SAT  | <b>Rest Day</b>  |
| SUN  | <b>Continuous Run:</b> 3km Easy Run  |

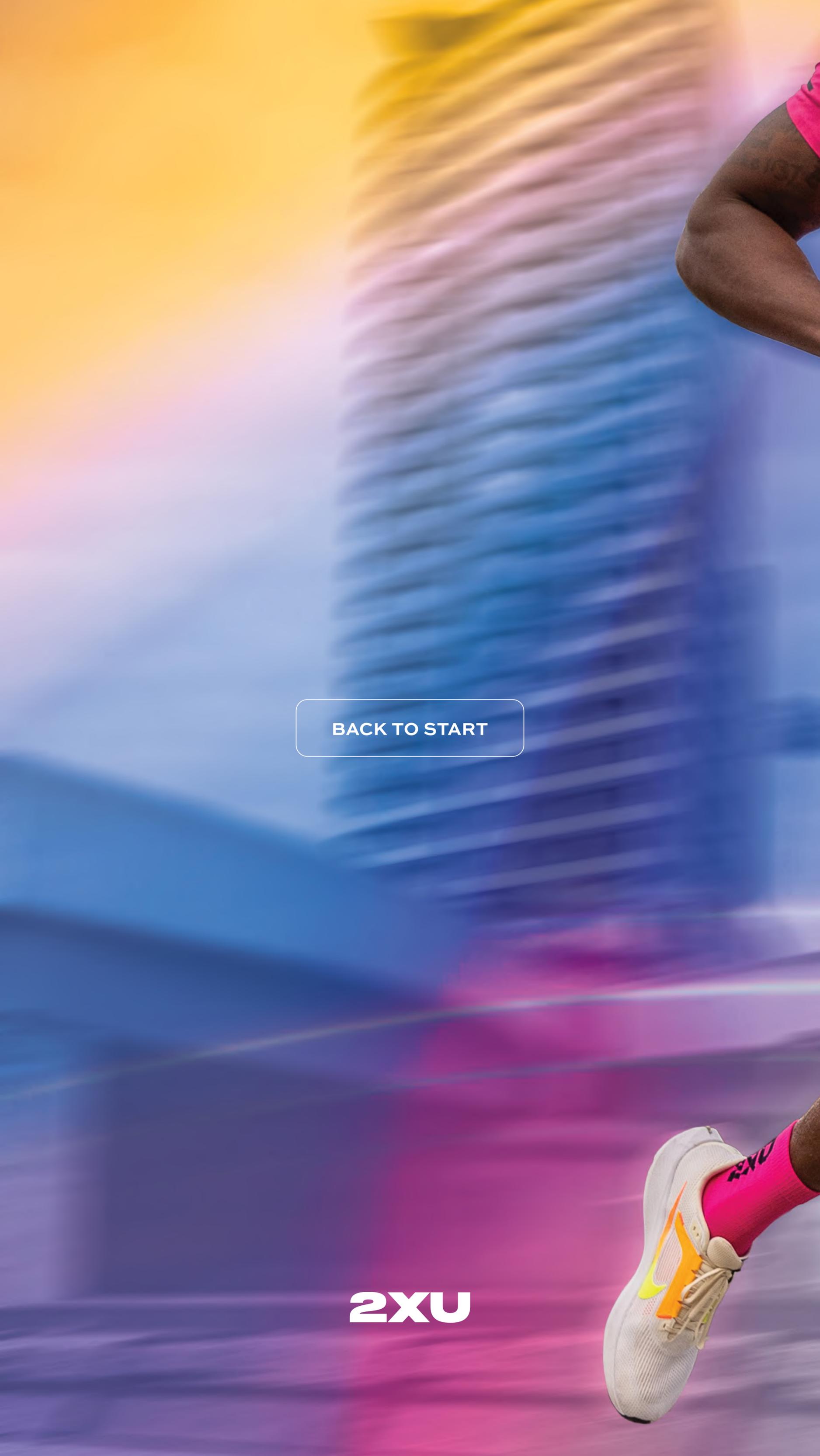
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| MON  | <b>Recovery Focus:</b> Massage, Foam Roller, Yoga, etc.   |
| TUES | <b>Run/Walk:</b><br>W/U: 5min Easy Jog<br>Main Set: 5x 2min Solid Run/1min Easy Jog<br>W/D: 5min Walk |
| WEDS | <b>X Train:</b><br>20-30min Low Impact Aerobic Exercise,<br>Eg. Bike, Swim, Elliptical                |
| THUR | <b>Rest Day</b>   |
| FRI  | <b>Run/Walk:</b><br>W/U: 5min Easy Jog<br>Main Set: 4x 3min Solid Run/1min Easy Jog<br>W/D: 5min Walk |
| SAT  | <b>Rest Day</b>   |
| SUN  | <b>Continuous Run:</b> 4km Easy Run   |

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| MON  | <b>Recovery Focus:</b> Massage, Foam Roller, Yoga, etc.   |
| TUES | <b>Session:</b><br>W/U: 5min Easy Jog<br>Main Set: 6x 400m Run/2min Standing Recovery Between<br>W/D: 5min Easy Jog |
| WEDS | <b>X Train:</b><br>20-30min Low Impact Aerobic Exercise,<br>Eg. Bike, Swim, Elliptical                              |
| THUR | <b>Rest Day</b>   |
| FRI  | <b>Run/Walk:</b><br>W/U: 5min Easy Jog<br>Main Set: 10x 100m Hard Run/100m Walk Between<br>W/D: 5min Easy Jog       |
| SAT  | <b>Rest Day</b>   |
| SUN  | <b>Test:</b><br>W/U: 5min Easy Jog<br>Main Set: 3km Time Trial at Goal 5km Pace<br>W/D: 5min Easy Jog               |

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| MON  | <b>Recovery Focus:</b> Massage, Foam Roller, Yoga, etc.   |
| TUES | <b>Session:</b><br>W/U: 5min Easy Jog<br>Main Set: 4x 800m Solid Run/2min Standing Recovery Between<br>W/D: 5min Easy Jog |
| WEDS | <b>X Train:</b><br>20-30min Low Impact Aerobic Exercise,<br>Eg. Bike, Swim, Elliptical                                    |
| THUR | <b>Rest Day</b>   |
| FRI  | <b>Walk/Run:</b><br>3x 8min Solid Run/2min Walk Between   |
| SAT  | <b>Rest Day</b>   |
| SUN  | <b>Continuous Run:</b> 5km Easy Run   |

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| MON  | <b>Recovery Focus:</b> Massage, Foam Roller, Yoga, etc.  |
| TUES | <b>Session:</b><br>W/U: 5min Easy Jog<br>Main Set: 4x 1km Solid Run/2min Standing Recovery Between<br>W/D: 5min Easy Jog |
| WEDS | <b>X Train:</b><br>20-30min Low Impact Aerobic Exercise,<br>Eg. Bike, Swim, Elliptical                                   |
| THUR | <b>Rest Day</b>  |
| FRI  | <b>Walk/Run:</b><br>W/U: 5min Easy Jog<br>Main Set: 8x 200m Solid Run/200m Easy Jog Between<br>W/D: 5min Easy Jog        |
| SAT  | <b>Rest Day</b>  |
| SUN  | <b>Continuous Run:</b> 4km Easy Run  |

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| MON  | <b>Recovery Focus:</b> Massage, Foam Roller, Yoga, etc.  |
| TUES | <b>Session:</b><br>W/U: 5min Easy Jog<br>Main Set: 8x 300m Solid Run/100m Walk Between<br>W/D: 5min Easy Jog     |
| WEDS | <b>X Train:</b><br>20-30min Low Impact Aerobic Exercise,<br>Eg. Bike, Swim, Elliptical                           |
| THUR | <b>Rest Day</b>  |
| FRI  | <b>Walk/Run:</b><br>W/U: 5min Easy Jog<br>Main Set: 10x 20sec Solid Run/40sec Walk Between<br>W/D: 5min Easy Jog |
| SAT  | <b>Rest Day</b>  |
| SUN  | <b>Race Day:</b><br>Good luck today, trust in your training and<br>go out there and enjoy it!                    |



BACK TO START

**2XU**