



2XU

BEGINNER
5KM TRAINING PROGRAM



ABOUT THE **BEGINNER** 5KM TRAINING 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.

TRAINING TERMS

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.

KEY ABBREVIATIONS

W/U

Warm Up

W/D

Warm Down

TT

Time Trial

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](#)



GO TO WEEK

1

2

3

4

5

6

7

8

MON

Recovery focus: massage, foam roller, Yoga, etc.

TUES

Walk/Run:

W/U: 5min walk

Main set: 5 x 2min easy run / 1min walk

W/D: 5min walk

WED

Recovery focus: massage, foam roller, Yoga, etc.

THUR

Rest Day

FRI

Walk/Run:

W/U: 5min walk

Main set: 4 x 3min easy run / 1min walk

W/D: 5min walk

SAT

Rest Day

SUN

X Train:

20-30mins low impact aerobic exercise,
Eg. Bike, Swim, Elliptical

MON

Recovery focus: massage, foam roller, Yoga, etc.

TUES

Walk/Run:

W/U: 5min walk

Main set: 5 x 3min easy run / 1min walk

W/D: 5min walk

WED

Recovery focus: massage, foam roller, Yoga, etc.

THUR

Rest Day

FRI

Walk/Run:

W/U: 5min walk

Main set: 5 x 4min easy run / 1min walk

W/D: 5min walk

SAT

Rest Day

SUN

X Train:

20-30mins low impact aerobic exercise,
Eg. Bike, Swim, Elliptical

MON

Recovery focus: massage, foam roller, Yoga, etc.

TUES

Walk/Run:

W/U: 5min walk

Main set: 5 x 5min easy run / 1min walk

W/D: 5min walk

WED

Recovery focus: massage, foam roller, Yoga, etc.

THUR

Rest Day

FRI

Walk/Run:

W/U: 5min walk

Main set: 3 x 7min easy run / 3min walk

W/D: 5min walk

SAT

Rest Day

SUN

Continuous Run:

3km easy

MON

Recovery focus: massage, foam roller, Yoga, etc.

TUES

Run/Walk:

W/U: 5min easy jog

Main set: 5 x 2min solid run / 1min easy jog

W/D: 5min walk

WED

X Train:

20 - 30mins low impact aerobic exercise,
Eg. Bike, Swim, Elliptical

THUR

Rest Day

FRI

Run/Walk:

W/U: 5min easy jog

Main set: 4 x 3min solid run / 1min easy jog

W/D: 5min walk

SAT

Rest Day

SUN

Continuous Run:

4km easy

MON	Recovery focus: massage, foam roller, Yoga, etc.
TUES	Session: W/U: 5min easy jog Main set: 6 x 400, 2mins standing recovery between W/D: 5min easy jog
WED	X Train: 20 - 30mins low impact aerobic exercise, Eg. Bike, Swim, Elliptical
THUR	Rest Day
FRI	Run/Walk: W/U: 5min easy jog Main set: 10 x 100m hard run / 100m walk W/D: 5min easy jog
SAT	Rest Day
SUN	Test: W/U: 5min easy jog Main set: 3km TT @ Goal 5km pace W/D: 5min easy jog

MON

Recovery focus: massage, foam roller, Yoga, etc.

TUES

Session:

W/U: 5min easy jog

Main set: 4 x 800 solid run,
2mins standing recovery between

W/D: 5min easy jog

WED

X Train:

20 - 30mins low impact aerobic exercise,
Eg. Bike, Swim, Elliptical

THUR

Rest Day

FRI

Walk/Run:

3 x 8min solid run / 2min walk

SAT

Rest Day

SUN

Continuous Run:

5km easy

MON	Recovery focus: massage, foam roller, Yoga, etc.
TUES	Intervals: W/U: 5min easy jog Main set: 4 x 1km solid run, 2mins standing recovery between W/D: 5min easy jog
WED	X Train: 20 - 30mins low impact aerobic exercise, Eg. Bike, Swim, Elliptical
THUR	Rest Day
FRI	Walk/Run: W/U: 5min easy jog Main set: 8 x 200m solid run / 200m easy jog W/D: 5min easy jog
SAT	Rest Day
SUN	Continuous Run: 4km easy

MON	Recovery focus: massage, foam roller, Yoga, etc.
TUES	Intervals: W/U: 5min easy jog Main set: 8 x 300m solid run, 100m walk W/D: 5min easy jog
WED	X Train: 20 - 30mins low impact aerobic exercise, Eg. Bike, Swim, Elliptical
THUR	Rest Day
FRI	Walk/Run: W/U: 5min easy jog Main set: 10x 20sec solid run/40sec walk W/D: 5min easy jog
SAT	Rest Day
SUN	Race Day! Good luck today, trust in your training and go out there and enjoy it