

Get Your Running Shoes On ...

For beginner runners wishing to compete in a 5km fun run here's a simple 5 week training program that will get you over the distance. It assumes that you can already walk/run 4kms and that you are in good health. All beginner runners should get a medical clearance before commencing a training program.

Beginner 5km Running Training Program

Week	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
1	Rest	4kms	Rest	3kms including a few long hills	Rest	3kms	4kms
2	Rest	5kms	Rest	3kms fartlek (i.e., bursts of speed ranging from 15 secs to 2 minutes)	Rest	4kms	4kms
3	Rest	6kms	Rest	5 minute jog, 3X800s (2 min easy jog in between each 800), 5 minute jog.	Rest	3kms	5kms
4	Rest	6kms	Rest	5kms	Rest	3kms	5kms
5	Rest	6kms	3kms	Rest	3kms	Rest	5km Race

On race day ...

- Have a light breakfast a couple of hours before the fun run – e.g. toast and a cup of weak tea.
- Arrive early to collect your race number and go to the toilet without having to queue for too long.
- Do a gentle 5-10 minute warm up – moving from a brisk walk into a gentle jog – before the start of the race.
- Sip water and do a few stretches.
- Find a place at the start line.
- When the race starts – head out slowly and find your rhythm.
- Speed up if you can or slow down if you need to.
- Enjoy the event.

At the finish ...

- Have a drink of water and something to eat.
- Keep moving around and stretch out so you don't stiffen up.
- Be proud of yourself for running for two good causes – your health and cancer research.