



START 5K Beginners and restarters 8-week session plan summary:

- learn technical aspects of running
- learn warm-up exercises
- learn strength and conditioning exercises
- undertake sessions to improve running fitness
- undertake own sessions in the 8-week plan
- learn cool down techniques and stretching

Week	Warm-up Session	Main Session	Cool-down Session
1	5 min brisk walk 5 min dynamic stretches	5 min strength and conditioning 1 min easy run + 1.5 min walk recovery (8 sets)	5 min normal walk 5 min static stretches
	<i>Complete the above 3 times in a week with a rest day in between</i>		
2	5 min brisk walk 5 min dynamic stretches	5 min strength and conditioning 1.5 min easy run + 1.5 min walk recovery (7 sets)	5 min normal walk 5 min static stretches
	<i>Complete the above 3 times in a week with a rest day in between</i>		
3	5 min brisk walk 5 min dynamic stretches	5 min strength and conditioning 2 min easy run + 2 min walk recovery + 3 min easy run + 3 min walk recovery + 2 min easy run (2 sets)	5 min normal walk 5 min static stretches
	<i>Complete the above 3 times in a week with a rest day in between</i>		
4	5 min brisk walk 5 min dynamic stretches	5 min strength and conditioning 3 min easy run + 1.5 min walk recovery + 4 min easy run + 2.5 min walk recovery + 4 min easy run + 2.5 min walk recovery + 3 min easy run	5 min normal walk 5 min static stretches
	<i>Complete the above 3 times in a week with a rest day in between</i>		
5	5 min brisk walk 5 min dynamic stretches	5 min strength and conditioning 5 min easy run + 2.5 min walk recovery + 15 sec strides + 30 sec walk recovery + 15 sec strides + 30 sec walk recovery + 15 sec strides + 2 min walk recovery + 8 min easy run	5 min normal walk 5 min static stretches
	<i>Complete the above 3 times in a week with a rest day in between</i>		
6	5 min brisk walk 5 min dynamic stretches	5 min strength and conditioning 20 min easy run (add optional 2 min walk recovery during run if required)	5 min normal walk 5 min static stretches
	<i>Complete the above 3 times in a week with a rest day in between</i>		
7	5 min brisk walk 5 min dynamic stretches	5 min strength and conditioning 25 min easy run (add optional 2 min walk recovery during run if required)	5 min normal walk 5 min static stretches
	<i>Complete the above 3 times in a week with a rest day in between</i>		
8	5 min brisk walk 5 min dynamic stretches	30 min easy run	5 min normal walk 5 min static stretches
	3 to 6 rest days		
	5 min brisk walk 5 min dynamic stretches	5 km easy run	5 min normal walk 5 min static stretches