

## Training for a 5k

For someone starting jogging for the first time or just getting back into exercise after a long break it can be a difficult and daunting experience. How much should I do? How far should I run? What pace should I run at? These questions that are common, so if you have asked yourself any of them, don't worry – you're not alone! As part of jogscotland, people benefit from the ongoing and varied support of friendly Jog Leaders and their fellow joggers.

jogscotland groups are based on the principle of making fitness fun and accessible. Beginners' groups really are for beginners. The expectation of a beginner is someone who can walk/jog for 30 seconds. jogscotland's gentle approach ensures that almost anyone can participate and they are more likely to come back for more, rather than revert to a life on the sofa.

Of course, you can buy training apps or download training programmes to train alone, but our experience is that people are more likely to enjoy exercising and to continue training, if they do it with others. The programme that we give below gives you an idea of what you might expect at a beginners jogscotland group, but this is not prescriptive – your Jog Leader will provide advice on what is right for you.



Newcomers tell us that a good thing about starting out on a jogscotland beginners programme is that the terms 'walk' and 'rest' are used quite a lot! This sample programme lasts eight weeks and is aimed at getting you to the finish line. It assumes that you have no major health problems, are in reasonable shape, and have perhaps done at least some jogging or walking beforehand. If you have read this then you have taken the first steps towards getting fit enough for a 5k!

Weeks until run	Mon	Tue	Wed	Thu	Fri	Sat	Sun
8	REST	1 mile walk/jog	REST	1 mile walk/jog	REST	30 minute walk	1 mile walk/jog
7	REST	1 mile walk/jog	REST	1 mile walk/jog	REST	30 minute walk	1 mile walk/jog
6	REST	1 mile walk/jog	REST	1 mile jog/run	REST	40 minute walk	1 mile jog/run
5	REST	1½ mile walk/jog	REST	1 mile jog/run	REST	40 minute walk	1½ mile jog/run
4	REST	1½ mile walk/jog	REST	1½ mile jog/run	REST	50 minute walk	2 mile jog/run
3	REST	1½ mile walk/jog	REST	1½ mile jog/run	REST	50 minute walk	2 mile run
2	REST	2 mile walk/jog	REST	2 mile jog/run	REST	60 minute walk	2½ mile run
1	REST	2 mile walk/jog	REST	1½ mile walk/jog	REST	REST	<b>5k run</b>

*The programme is suggested advice and should be adapted to suit your work and home life and the days of the week that it is most convenient for you to exercise. Do not worry too much about exact distances, just try to cover the approximate time for each distance stated at your normal running pace.*

*As with all exercise programmes you should always do some gentle movement warm-up exercises beforehand and some stretching exercises to warm-down afterwards. As with any physical activity programme please consult your GP before commencing if you have any health concerns.*