

Active Sunderland 2018 BIG Events 3km Training Plan for Beginners

Five week training plan to go from 0 – 3km

This training programme is designed to get you to the point where you can comfortably run 20 mins, about 3k, at a slow and relaxed pace. It starts with more walking than running and progresses into more running than walking.

Always start with a warm up we suggest a 5 minute brisk walk and remember a cool down after your workout is just as important again a 5 minutes' walk will help your body recover and bring your heart rate back to normal.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Run & Walk Run for 1 minute Walk for 2 minutes Repeat 10 times	Walk Walk easy for 30 minutes	Run & Walk Run for 1 minute Walk for 2 minutes Repeat 10 times	Walk Walk easy for 30 minutes	Run & Walk Run for 1 minute Walk for 2 minutes Repeat 10 times	Run & Walk Run for 1 minute Walk for Two minutes Repeat 10 times	Rest
2	Run for 2 minutes Walk for 1 minute Repeat 10 times	Walk easy for 30 minutes	Run for 3 minutes Walk for 1 minute Repeat 8 times	Walk easy for 30 minutes	Run for 4 minutes Walk for 1 minute Repeat 6 times	Run for 4 minutes Walk for 1 minute Repeat 6 times	Rest
3	Run for 5 minutes Walk for 1 minute Repeat 5 times	Walk easy for 30 minutes	Run for 5 minutes Walk for 1 minute Repeat 5 times	Walk easy for 30 minutes	Run for 6 minutes Walk for 1 minutes Repeat 4 times Run for 2 minutes	Run for 6 minutes Walk for 1 minutes Repeat 4 times Run for 2 minutes	Rest
4	Run for 8 minutes Walk for 1 minute Repeat 3 times Run for 3 minutes	Walk easy for 30 minutes	Run for 8 minutes Walk for 1 minute Repeat 3 times Run for 3 minutes	Walk easy for 30 minutes	Run for 10 minutes Walk for 1 minute Repeat 2 times Run for 8 minutes	Run for 10 minutes Walk for 1 minute Repeat 2 times Run for 8 minutes	Rest
5	Run for 12 Minutes Walk for 1 minute Repeat 2 times Run for 4 minutes	Walk easy for 30 minutes	Run for 13 minutes Walk for 1 minute Repeat 2 times Run for 2 minutes	Walk easy for 30 minutes	Run for 14 minutes Walk for 1 minute Repeat 2 times	Run for 20 minutes Walk for 21 minutes Run for 10 minutes	Rest