


# 5km run training plan

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	How do you feel?	Top tips
<b>1</b>	<b>Walk / jog</b> Walk 10min, jog 5min, walk 10min	Rest day	<b>Walk</b> Walk 20min continuous	Rest day	<b>Low impact training</b> Easy walk, bike, gym or swim	Rest day	<b>Run</b> Run to distance 0.5km	😊 😐 😞	<ol style="list-style-type: none"> <li>1 Check the weather before training and choose clothing and footwear to suit your conditions. Always cover up, and wear sunscreen of SPF 15+.</li> <li>2 Running to distance is all about getting used to the mileage, so take it as easy as you need to.</li> <li>3 Don't worry if you have to move a session here or there. Life can get in the way, so make the plan work for you. Take this training plan at your own pace.</li> <li>4 Having other people around you can help to motivate you. Why not ask a friend to join you on your next run?</li> <li>5 Rest days are important too. They allow your body to recover and be ready for your next run.</li> <li>6 Remember what you're doing this for! Have fun, enjoy the day and go at your own pace.</li> </ol>
<b>2</b>	<b>Low impact training</b> Easy walk, bike, gym or swim	Rest day	<b>Walk / jog</b> Repeat walk 5min and jog 2min x4	Rest day	<b>Walk</b> Walk 30 min continuous	Rest day	<b>Run</b> Run to distance 1km	😊 😐 😞	
<b>3</b>	<b>Walk</b> Walk 35min continuous	Rest day	<b>Walk / jog</b> Walk 10min, jog 10min, walk 10min	Rest day	<b>Low impact training</b> Easy walk, bike, gym or swim	Rest day	<b>Run</b> Run to distance 2km	😊 😐 😞	
<b>4</b>	Rest day	Rest day	<b>Walk / jog</b> Repeat walk 5min and jog 5min x4	Rest day	<b>Walk</b> Walk 40min continuous	Rest day	<b>Run</b> Run to distance 3km	😊 😐 😞	
<b>5</b>	<b>Walk</b> Walk 50min continuous	Rest day	<b>Walk / jog</b> Walk 10min, jog 20min, walk 10min	Rest day	<b>Gentle movement</b> Yoga, pilates or walk	Rest day	<b>Run</b> Run to distance 4km	😊 😐 😞	
<b>6</b>	Rest day	Rest day	<b>Interval</b> Warm up 10min, repeat fast 3min and easy 2min x5, cooldown 5min	Rest day	<b>Walk</b> Walk 40min continuous	Rest day	 <b>Race day</b>	😊 😐 😞	



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Users must ensure they are fit and of sufficient health to take part in this programme. You should speak to your doctor if you have any concerns before taking part. Stop immediately in the event of any injuries or concerns and seek appropriate advice.

