

Thank you to Andrea Doney, The Slow Coach, for creating this training plan.

Andrea holds a Level 2 Run Coach Accreditation with Athletics Australia. For more information, head to runwiththeslowcoach.com



#### Who can do the Red Socks Run guided 5km plan?

This plan is designed for runners aiming to run 5km without stopping. Perhaps you are starting running for the first time, or coming back from a break or an injury. It assumes you are generally well. As always, seek advice from your doctor before undertaking any changes in volume or intensity of exercise.

### Other things to bear in mind

This program can be run on any surface, grass, trail, track, or road. If you are training to run your 5km red socks run on the road, you will need an element of road running to condition yourself. When you are training, expect for things not to go perfectly. If you are unable to complete a session, don't try and make up for it. It's fine to miss a few! Just skip it and move to the next one.

#### **Nutrition and rest**

Nutrition and rest are as important as training. Try to eat protein after every session.

Drink loads of water, and never skip a rest day!

#### Warm-ups and cool-downs:

Try to warm up a little before every session. This might involve a short walk or a light run.

Or you can do squats, strides, calf raises, butt kicks and leg swings.



#### More about warm ups and cool downs

The warm-up is to gently prepare us for the run. Slowly increasing our heart rate and circulation allows the blood to flow to our muscles and mobilise our joints. Not warming up means we will waste energy at the start of the run and risk muscle injury.

The importance of a cool down is to decrease our body temperature and heart rate, stop blood pooling at extremities and clear toxins/waste. Don't jump straight into a long car drive or flight until you've cooled down sufficiently.

### Tips for your 5k red socks run

The slower your target pace the less you need to warm up. For most beginner/intermediate runners a 10min walk and a few stride jogs should suffice. Remember to keep warm clothes on until the last possible moment.

The rule is nothing new on race day! Don't experiment with anything you haven't already practised—including nutrition, footwear, and clothing.

Always have a toilet plan!

Stay relaxed throughout, don't let your watch tell you if you are having a good race or not, and enjoy the spirit and support you'll be getting on the course.

No matter what happens, always remember to HAVE FUN!



### **WEEK ONE PLANNER**

# FLAT to five

### **MONDAY**

15 MINUTE WALK

### **TUESDAY**

BRISK WALK 5 MINS
THEN RUN 1 MIN WALK 2 MIN
RPT X 5
TOTAL 20 MIN

### WEDNESDAY

YOUR CHOICE: REST, SWIM, CYCLE OR WALK

### **THURSDAY**

BRISK WALK 5MINS
THEN RUN 1 MIN WALK 1.5 MIN
RPT X 6
TOTAL 20 MIN

### **FRIDAY**

YOUR CHOICE: REST, SWIM, CYCLE OR WALK

### **SATURDAY**

WALK 20 MIN

### **SUNDAY**

BRISK WALK 1 MIN, RUN 1 MIN RPT TO TOTAL: 1KM







# TO FIVE

### **MONDAY**

20 MINUTE WALK

### **TUESDAY**

BRISK WALK 5 MINS
THEN RUN 1 MIN WALK 1.5MIN
RPT X 6
TOTAL 20 MIN

### **WEDNESDAY**

YOUR CHOICE: REST, SWIM, CYCLE OR WALK

#### THURSDAY

BRISK WALK 5MINS THEN: RUN 1.5MIN WALK 1 MIN RPT X 6 TOTAL: 15 MIN

### **FRIDAY**

YOUR CHOICE: REST, SWIM, CYCLE OR WALK

### SATURDAY

WALK 25 MIN

### SUNDAY

BRISK WALK 1 MIN RUN 2 MIN. RPT TO TOTAL 2KM









### **WEEK THREE PLANNER**

# FLAT to five

#### MONDAY

25 MINUTE WALK

### **TUESDAY**

BRISK WALK 5MINS
THEN:
RUN 2 MIN WALK 1 MIN
RPT X 5
TOTAL: 20 MIN

### **WEDNESDAY**

YOUR CHOICE: REST, SWIM, CYCLE OR WALK

### **THURSDAY**

BRISK WALK 5MINS
THEN:
RUN 2 MIN WALK 30 SEC
RPT X 6
TOTAL: 20 MIN

### **FRIDAY**

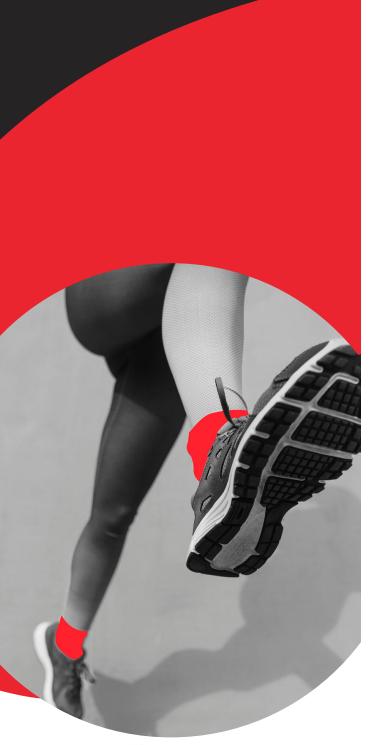
YOUR CHOICE: REST, SWIM, CYCLE OR WALK

### **SATURDAY**

WALK 30 MIN

### SUNDAY

BRISK WALK 1 MIN RUN 2 MIN. RPT TO TOTAL 2KM





### **WEEK FOUR PLANNER**

## F LAT to five

### MONDAY

30 MINUTE WALK

### **TUESDAY**

WALK 1 MIN RUN 2 MIN RPT X 6 TOTAL: 18 MIN

### **WEDNESDAY**

YOUR CHOICE: REST, SWIM, CYCLE OR WALK

### **THURSDAY**

WALK 30 SEC RUN 2.5 MIN RPT X 7 TOTAL: 21 MIN

### **FRIDAY**

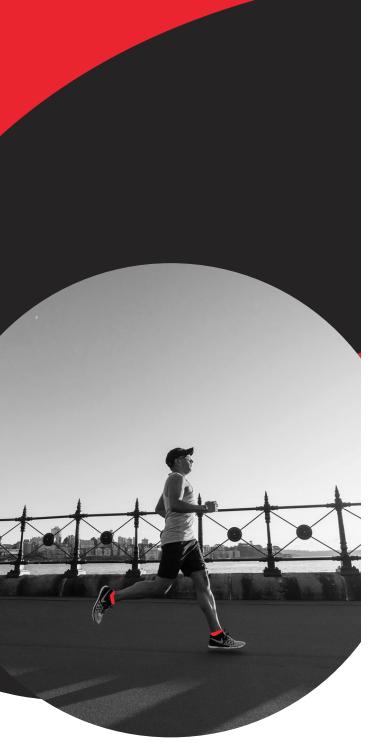
YOUR CHOICE: REST, SWIM, CYCLE OR WALK

### **SATURDAY**

WALK 35 MIN

### **SUNDAY**

WALK 1 MIN RUN 4 MIN RPT TO TOTAL 3K





### **WEEK FIVE PLANNER**

# FLAT to five

### MONDAY

35 MINUTE WALK

### **TUESDAY**

RUN 3 MIN WALK 1 MIN RPT X 5 TOTAL: 20 MIN

### **WEDNESDAY**

10 MINS SQUATS DEADLIFTS LUNGES CALF RAISES STEP UPS

### **THURSDAY**

WALK 1 MIN RUN 4 MIN RPT X 5 TOTAL: 25 MIN

### **FRIDAY**

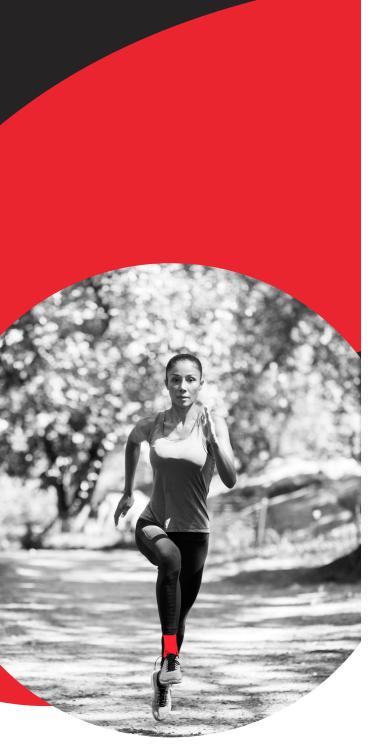
YOUR CHOICE: REST, SWIM, CYCLE OR WALK

### **SATURDAY**

WALK 40 MIN

### **SUNDAY**

WALK 1 MIN RUN 4 MIN RPT X 5 TOTAL 25 MIN





### **WEEK SIX PLANNER**

# FLAT to five

### **MONDAY**

40 MINUTE WALK

### **TUESDAY**

WALK 1 MIN RUN 6 MIN RPT X 4 TOTAL: 28 MIN

### WEDNESDAY

10 MINS SQUATS DEADLIFTS LUNGES CALF RAISES STEP UPS

### **THURSDAY**

WALK 2 MIN RUN 8 MIN RPT X 3 TOTAL: 30 MIN

### **FRIDAY**

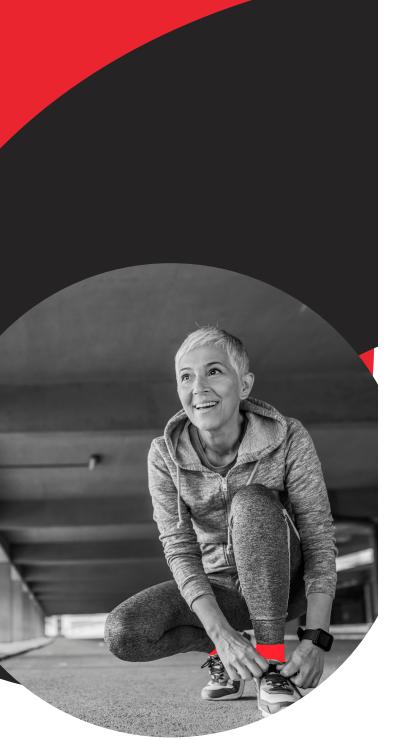
YOUR CHOICE: REST, SWIM, CYCLE OR WALK

### **SATURDAY**

WALK 35 MIN

### **SUNDAY**

WALK 2 MIN RUN 10MIN RPT TO TOTAL 4K





### **WEEK SEVEN PLANNER**

# to five

### **MONDAY**

45 MINUTE WALK

### **TUESDAY**

WALK 2 MIN RUN 12 MIN RPT X 2 TOTAL: 28MIN

### **WEDNESDAY**

15 MINS SQUATS DEADLIFTS LUNGES CALF RAISES STEP UPS

### **THURSDAY**

WALK 1 MIN RUN 14 MIN RPT X 2 TOTAL 30 MIN

### **FRIDAY**

YOUR CHOICE: REST, SWIM, CYCLE OR WALK

### SATURDAY / PARKRUN DAY

WALK 1 MIN RUN 16 MIN TOTAL: 4.5K

### **SUNDAY**

WALK 35MIN





### **WEEK EIGHT PLANNER**

# FLAT to five

#### **MONDAY**

30 MINUTE WALK

### **TUESDAY**

WALK 1 MIN RUN 18 MIN RPT X 2 TOTAL: 38 MIN

### **WEDNESDAY**

20 MINS SQUATS DEADLIFTS LUNGES CALF RAISES STEP UPS

### **THURSDAY**

WALK 1 MIN RUN 10 MIN TOTAL: 30 MIN

### **FRIDAY**

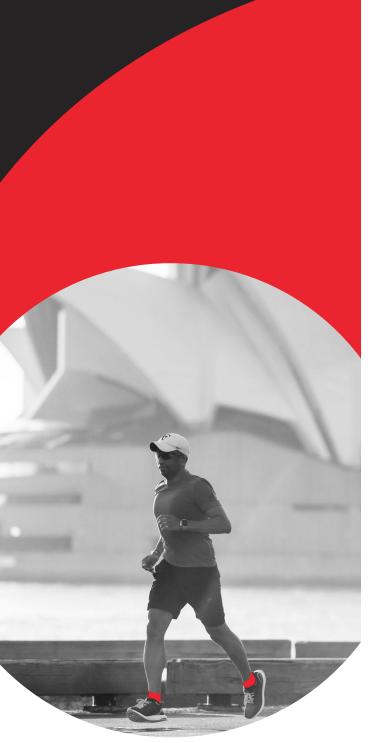
YOUR CHOICE: REST, SWIM, CYCLE OR WALK

### SATURDAY / PARKRUN DAY

RUN 20 MIN WALK 30 SEC RUN 10 MIN WALK 30 SEC RUN 10 MINS RPT TO TOTAL 5K

### **SUNDAY**

WALK 30MIN





### **WEEK NINE PLANNER**

# FLAT to five

### **MONDAY**

25 MINUTE WALK

### **TUESDAY**

RUN 24 MIN WALK 30 SEC RPT TO TOTAL 35 MIN

### **WEDNESDAY**

20 MINS SQUATS DEADLIFTS LUNGES CALF RAISES STEP UPS

### **THURSDAY**

RUN 26 MIN WALK 30 SEC RTP TO TOTAL 30 MIN

### **FRIDAY**

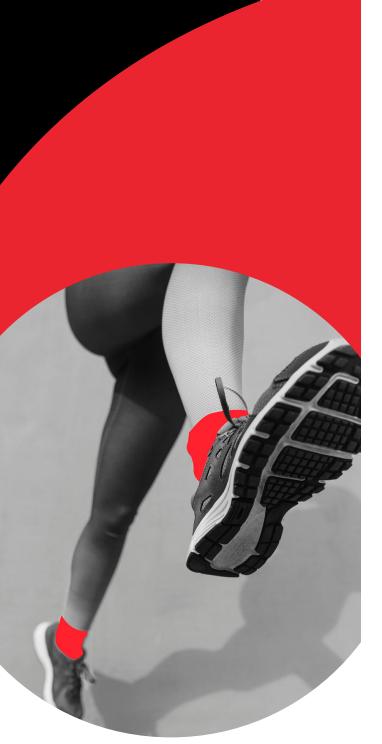
YOUR CHOICE: REST, SWIM, CYCLE OR WALK

### **SATURDAY**

RUN 28 MIN WALK 30 SEC RUN 10 MIN RPT TO TOTAL 5K

### **SUNDAY**

WALK 30MIN







### **WEEK TEN PLANNER**

# to five

### MONDAY

20 MINUTE WALK

### **TUESDAY**

RUN 20 MIN WALK 30 SEC RUN 10 MIN TOTAL 30 MIN 30 SEC

### **WEDNESDAY**

20 MINS STRETCHING AND FOAM ROLLER

### **THURSDAY**

WALK 1 MIN RUN 5 MIN TOTAL 31MIN

### **FRIDAY**

WALK 20 MINS

### **SATURDAY**

**REST DAY** 

### **SUNDAY**

WARM UP RUN NON STOP 5KM! COOL DOWN