

RED SOCKS RUN

Guided beginner 5km training plan

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

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WEEK TWO PLANNER

FLAT 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

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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



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WEEK FOUR PLANNER

FLAT 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

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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



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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



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WEEK SEVEN PLANNER

FLAT 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



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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



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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



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WEEK TEN PLANNER

FLAT 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



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