

# 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 info, visit [runwiththeslowcoach.com](http://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.



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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.

### Top tips for your 5k

- 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.
- 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.
- And no matter what happens, always remember to HAVE FUN!



# RED SOCKS RUN

## Your 10 Week Training Schedule



### Week 1

**Mon-** 15 mins walk

**Tues-** Brisk walk 5 mins, run 1 min, walk 2 mins, rpt x 5 for 20 mins

**Wed-** Your choice: rest, swim, cycle or walk

**Thur-** Brisk walk 5 mins, run 1 min, walk 1.5 mins, rpt x 6 for 20 mins

**Fri-** Your choice: rest, swim, cycle or walk

**Sat-** Walk 20 mins

**Sun-** Brisk walk 1 min, run 1 min, rpt for 1km

### Week 2

**Mon-** 20 mins walk.

**Tues-** Brisk walk 5 mins, run 1 min, walk 1.5 mins, rpt x 6 for 20 mins

**Wed-** Your choice: rest, swim, cycle or walk

**Thur-** Brisk walk 5 mins, run 1 min, walk 1.5 mins, rpt x 6 for 15 mins

**Fri-** Your choice: rest, swim, cycle or walk

**Sat-** Walk 25 mins

**Sun-** Brisk walk 1 min, run 2 mins, rpt for 2km

### Week 3

**Mon** - 30 mins walk

**Tues** - Walk 1 min then run 2 mins, walk 1 min, rpt x 5 for 18 mins.

**Wed** - Your choice: rest, swim, cycle or walk

**Thur** - Walk 30 secs run 2.5 mins, rpt x 7 for 21 mins

**Fri** - Your choice: rest, swim, cycle or walk

**Sat** - Walk 35 mins

**Sun** - Brisk walk 1 min, run 4 mins, rpt for 3kms

### Week 4

**Mon**- 25 mins walk

**Tues**- Brisk walk 5 mins, run 2 mins, walk 1 min, rpt x 5 for 20 mins

**Wed**- Your choice: rest, swim, cycle or walk

**Thur**- Brisk walk 5 mins then run 2 mins, walk 30 secs, rpt x 6 for 20 mins

**Fri**- Your choice: rest, swim, cycle or walk

**Sat** - Walk 30 mins

**Sun**- Brisk walk 1 min, run 2 mins, rpt for 2kms

### Week 5

**Mon**- 35 mins walk

**Tue**- Run 3 min then walk 1 min, rpt x 5 for 20 mins

**Wed**- 10 mins squats, deadlifts, lunges, calf raises, step ups

**Thur**- Walk 1 min, run 4 mins, rpt x 5 for 25 mins

**Fri**- Your choice: rest, swim, cycle or walk

**Sat**- Walk 40 mins

**Sun**- Walk 1 min, run 4 mins, rpt x 5 for 25 mins

### Week 6

**Mon**- 40 mins walk

**Tue**- Walk 1 min, run 6 min, rpt x 4 for 28 mins

**Wed**- 10 mins squats, deadlifts, lunges, calf raises, step ups

**Thur**- Walk 2 mins, run 8 mins, rpt x 3 for 30 mins

**Fri**- Your choice: rest, swim, cycle or walk

**Sat**- Walk 35 mins

**Sun**- Walk 2 min, run 10 mins, rpt for 4 km

## Week 7

**Mon-** 45 mins walk

**Tues-** Walk 2 mins, run 12 min, rpt x 2 for 28 mins

**Wed-** 15 mins squats, deadlifts, lunges, calf raises, step ups

**Thur-** Walk 1 min, run 14 mins, rpt x 2 for 30 mins

**Fri-** Your choice: rest, swim, cycle or walk

**Sat-** Walk 1 min, run 16 mins for 4.5km

**Sun -** Walk 35 mins

## Week 8

**Mon-** 30 mins walk

**Tues-** Walk 1 min, run 18 mins, rpt x 2 for 28 mins

**Wed-** 20 mins squats, deadlifts, lunges, calf raises, step ups

**Thur-** Walk 1 min, run 10 mins for 30 mins

**Fri-** Your choice: rest, swim, cycle or walk

**Sat-** Run 20 min, walk 30 secs, run 10 mins, walk 30 secs, run 10 mins, rpt for 5km

**Sun-** Walk 30 mins

## Week 9

**Mon-** 25 mins walk

**Tues-** Run 24 mins, walk 30 secs, rpt for 35 mins

**Wed-** 20 mins squats, deadlifts, lunges, calf raises, step ups

**Thur-** Run 26 mins, walk 30 secs for 30 mins

**Fri-** Your choice: rest, swim, cycle or walk

**Sat-** Run 28 min, walk 30 secs, run 10 mins, rpt for 5km

**Sun-** Walk 30 mins

## Week 10

**Mon-** 20 mins walk

**Tues-** Run 20 mins, walk 30 secs, run 10 mins, for 30 mins

**Wed-** 20 mins stretching & foam roller

**Thur-** Walk 1 min, run 5 mins for 31 mins

**Fri-** Walk 20 mins

**Sat-** Rest Day

**Sun-** Warm up, run non stop for 5 km, cool down