



PULSE PERFORMANCE 5KM BEGINNERS TRAINING PLAN FOR RUN2CURE

	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
1	Stretch and Roll	Walk for 5min and jog 2min total 35 min	CT or Strength	Walk for 5min and jog 2min total 35 min	Stretch and Roll	Walk for 20mins	Walk for 25mins
2	S and R	Walk for 5min and jog 3min total 32 min	CT or Strength	Walk for 5min and jog 3min total 32 min	S and R	Walk for 25 min	Walk for 25min
3	S and R	Walk for 5min and jog 4min total 36 min	CT or Strength	Walk for 5min and jog 4min total 36 min	S and R	Walk 1km with 1km jog x 3	Walk 1km with 1km jog x 2
4	S and R	5x 15 sec hill brisk walk with walk down recovery)	CT or Strength	Walk 1km with 1km jog x 3	S and R	Walk 1km with 1500m jog x3	Walk 3km
5	S and R	4x 20 sec hill brisk walk with walk down recovery	CT or Strength	Walk 1km with 1500m jog x3	S and R	Walk 1km with 2km jog x2	Walk 3km
6	S and R	Walk 500m with 2km jog x 2	CT or Strength	Walk 1km with 2km jog x 2	S and R	Walk 1km jog 3km walk 1km	Walk 3km
7	S and R	4x 30 sec hill brisk walk with walk down recovery	CT or Strength	Walk 500m with 2km jog x2	S and R	Walk 1km jog 4km walk 1km	Walk 3km
8	S and R	20 min walk easy	S and R	3km jog non stop	S and R	Walk 20min	Neuroplastoma 5k

This training plan will get you running the Neuroblastoma 5km in just 8 weeks. Your goal should be to cover the distance nonstop and have some fun while doing it.

If you have never completed a 5km event and you have been walking regularly, then this training program is for you. If you have completed, many park runs or can easily complete 5km in 30mins and under and want to run sub 28min 5km then check out our **Intermediate training plan**.

Remember everyone is an individual and will improve at different times due to the different level of fitness. This training plan has been designed for those who have never completed a 5km event or park run, this general program should give you all the stamina and endurance you will need to complete the Neuroblastoma 5km event.



Our 8-week training plan is just a guide, so feel free to make it work for you.

But remember to try stick with the plan if it suits you and don't add any extra k's or start off with too much too soon, this is one of the biggest mistakes people make that demotivates people or causes injury.

Training days information:

Rest: Rest days are Mondays and Fridays and are just as important as training days and provide an opportunity for your body to recover and your muscles to build in strength. Improvement depends on how well you recover. As a beginner, if you don't have enough recovery you are more than likely to get injured.

Hills: Are scheduled for Tuesdays, try to avoid stairs. The neuroblastoma has a few nasty hills so this plan will get you ready to tackle the hills head on. Hills a great way to build leg strength and running technique. Being a beginner you need to build up slowly and not sprint the hills, walk them at 70% no faster and walk back down. Running down hills places lots of stress on your knees and joints, only run the down hills once you become an intermediate or advance runner. Find a hill that's not too steep and complete the session prescribed.

Run pace: How fast should I run? This plan is for you to complete the 5km Neuroblastoma and run it nonstop. The trick is not to worry about speed too much and just make the distances, each step at a time. We advice running at a pace that allows you to comfortably hold a conversation. Find a pace that allows you to finish the distance of the session, or as close to it as you can.

Cross-training: Wednesdays is cross-training, this is a good day to go swimming, cycling or walking. Try not to do any running on this day so your body recovers well and allows you to get ready to run again the next day. You can also do **Strength training** that could consist of bodyweight-based activities like push-ups, chin-ups or dips or light weights with high reps at your local gym.

Stretch + Roll: Is scheduled for Mondays, following your longer run on Sundays and Fridays to get you fresh for the double days of running. You can't run efficiently if fatigued and can increase your chances of injury. We also recommend to use a foam Roller to assist your legs to recover faster from muscle tightness. **Check out our How to best use a foam roller guide.**

Long runs: The longest runs are planned for Saturdays but if Sunday works better for your schedule you can swap. Long runs are designed to run it slow to build your endurance, both aerobic and muscular. Don't try run these faster than your conversation pace.