

Indigenous Marathon Foundation – 5km training guide (6 weeks)

This program is designed for beginners with no running background. We recommend you get a health check prior to starting.

Congratulations on starting your running journey! As beginners, we have listed a few things we recommend you take into consideration:

- Can I go out and back, or do I need a loop or laps of the oval?
- What surface do I run on?
- How do I gauge my pace? (Breathe, most beginners run way too fast and end up huffing and puffing...just go slower!)
- What shoes do I need to wear?
- Can I use time instead of distance? (Yes, beginners are probably running about 7 to 9 min per k – so easy to adjust for time instead of distance.)
- Do I need a watch or can I use my phone app? (Strava is a good place to start.)
- Do I need to stretch?
- Can I run with music? (Of course, but beware of traffic, bikes etc on roads and bike paths)
- Should I run by myself, or can I go with a friend? (Yes, as long as you go at your pace and not theirs, if they are going too fast.)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	1k – walk 50m, jog 100m	rest	2k – walk 50m jog 200m	rest	1k – walk 50m, jog 100m	rest	2k –walk 50m jog 100m
Week 2	1k – walk 50m jog 200m	rest	2k – walk 50m, jog 300m	rest	1k – walk 50m, jog 200m	rest	2k – walk 50m, jog 200m
Week 3	1k – walk 50m jog 400m	rest	3k – walk 50m, jog 400m	rest	1k – walk 50m, jog 400m	rest	3k – walk 50m jog 400m
Week 4	1k – walk 50m jog 600m	rest	3k – walk 50m, jog 600m	rest	1k – walk 50m, jog 600m	rest	3k – walk 50m jog 600m
Week 5	2k - jog	rest	3km - jog	rest	1k – walk 50m, jog 800m	rest	1k – walk 50m, jog 800m
Week 6	1k - jog	rest	3k – walk 50m, jog 800m	rest	1k – walk 50m, jog 800m	rest	#RSI Festival – 5km