

Welcome to the Beginner Training Program for preparation for the Hamilton 5km



**Hamilton 5km Beginner Training**

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<b>Mon</b>	Rest or xtrain	Rest or xtrain	Rest or xtrain	Rest	Rest	Rest or xtrain
<b>Tue</b>	20 min run	20 min run	30 min run	2 km time trial	30 min run	30 min run
	COMFORTABLE	COMFORTABLE	COMFORTABLE	STEADY	COMFORTABLE	COMFORTABLE
<b>Wed</b>	20 min run	20 min run	30 min run	30 min run	Rest or xtrain	30 min run
	COMFORTABLE	COMFORTABLE	COMFORTABLE	COMFORTABLE		COMFORTABLE
<b>Thu</b>	Rest or xtrain	Rest or xtrain	Rest or xtrain	30 min run	Rest or xtrain	Rest or xtrain
				COMFORTABLE		
<b>Fri</b>	20 min run	20 min run	20 min run	Rest	20 min run	5 hill reps
	COMFORTABLE	STEADY	STEADY		STEADY	COMFORTABLE
<b>Sat</b>	Rest	Rest	Rest	Rest	Rest	Rest
<b>Sun</b>	30 min run	35 min run	35 min run	40 min run	45 min run	45 min run
	COMFORTABLE	COMFORTABLE	COMFORTABLE	COMFORTABLE	COMFORTABLE	COMFORTABLE

	Week 7	Week 8	Week 9	Week 10	Week 11
<b>Mon</b>	Rest or xtrain	Rest or xtrain	Rest	Rest or xtrain	Rest
<b>Tue</b>	30 min run	30 min run	5 hill reps	30 min run	30 min run
	COMFORTABLE	COMFORTABLE	COMFORTABLE	COMFORTABLE	COMFORTABLE
<b>Wed</b>	30 min run	30 min run	30 min run	30 min run	Rest
	COMFORTABLE	COMFORTABLE	COMFORTABLE	COMFORTABLE	
<b>Thu</b>	Rest or xtrain	Rest or xtrain	30 min run	Rest or xtrain	25 min run
			COMFORTABLE		COMFORTABLE
<b>Fri</b>	20 min run	20 min run	Rest	5 hill reps	Rest
	STEADY	STEADY		COMFORTABLE	
<b>Sat</b>	Rest	Rest	Rest	Rest	Rest
<b>Sun</b>	50 min run	50 min run	1hr run	30 min run	<b>RACE DAY</b>
	COMFORTABLE	COMFORTABLE	COMFORTABLE	COMFORTABLE	

#### KEYS

**COMFORTABLE** These runs are to be done at a comfortable pace (still able to carry out a conversation) and will constitute all your long runs.

**STEADY** These runs to be done at a pace a little faster than the comfortable pace.

**REST (OR XTRAIN)** Rest day, OR Gym/Cycle/Swim/Pool Run

**REST** Denotes a Rest only day (no xtrain)

This 12 week training guide is a great overview of the commitment necessary to see you through the 5km distance. Whatever your goal remember that the key to enjoying your training and achieving your goals is "consistent training"