

Get ready to run for South Africa

Beginner 3km road run training programme

So you've heard about the 'runner's high' and want to experience it yourself? We can help you get into your stride with this progressive and manageable programme for a 3km run that will leave you ready to take on the Vitality Running World Cup.

Remember to always get medical advice before starting any exercise programme.

You should start with a 5 – 10 minute brisk walk to warm-up and cool-down before and after every session.
After cooling-down, take the time to do some stretching.

TRAINING GUIDELINES

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 1	6x 2 min run, 2 min walk.	Strength training.	6x 2 min run, 2 min walk.	Rest.	5x 3 min run, 2 min walk.	Strength training and light cross training, optional.	Brisk 30 min walk.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 2	6x 3 min run, 2 min walk.	Strength training.	5x 4 min run, 2 min walk.	Rest.	5x 4 min run, 2 min walk.	Strength training and light cross training optional.	Brisk 30 min walk.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 3	3x 5 min run, 2 min walk, 3 min run, 2 min walk.	Strength training.	3x 5 min run, 2 min walk, 3 min run, 2 min walk.	Rest.	3x 6 min run, 2 min walk, 3 min run, 2 min walk.	Strength training and light cross training optional.	Brisk 40 min walk.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 4	Start with a 30 min run and 2 min walk, followed by a 20 min run and 2 min walk.	Strength training.	Cross training for 40 min.	Jog for 5km.	Rest.	Run for 8km.	Strength training and light cross training (optional).

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 5	Start with a 30 min run and 2 min walk, followed by a 20 min run and 2 min walk.	Strength training.	Cross training for 40 min.	Jog for 5km.	Rest.	Run for 9km.	Strength training and light cross training (optional).

- Walk**
 Keep up a brisk pace in all walking sections of the programme.
- Jog**
 Run at a slow, very easy pace.
- Run**
 Don't worry about your speed. You need to feel comfortable enough to conduct a slightly breathless conversation.
- Strength training**
 Type of exercise that uses resistance training to induce muscular contraction which builds the strength of skeletal muscles. It's not essential for you to finish the 10km distance, but it has tremendous health and fitness benefits.
- Cross training**
 Choose to combine exercises of other disciplines to supplement your running and build strength and flexibility in your muscles. It's not essential, but it makes your programme more balanced.
- Rest**
 A rest day does not include any exercise. This is a vital part of your training, as it's when your muscles increase in strength.

Join the Vitality Running World Cup for free today.
Can we count you in?