

# 2 Month Plan To Run 5km in 35/40 Minutes (For Beginners)

## Week 1

### ■ Sunday

**Brisk Walk :** Start with a brisk walk of 2 kms

### ■ Monday

**Strength Training:** Start with free squats, lunges, planks, push-ups, pull-ups.

If you're comfortable then use free weights to train too. These help to build strength needed for the trek, to carry your backpack on ascents and descents.

Runners generally benefit if they combine light weights with a high number of repetitions, rather than pumping very heavy iron.

### ■ Tuesday

Rest

### ■ Wednesday

**Interval Training:** To improve speed, interval training helps. Target a distance of 2 km. Jog and brisk walk in breaks or intervals.

For example: Do a 4 minute jog and a 1 min walk till you cover the 2 km distance. Concentrate on a fast jog.

### ■ Thursday

**Interval training/jog:** Aim for a 2 km full jog today. If it seems difficult, repeat the interval training from yesterday.

### ■ Friday

Rest

### ■ Saturday

**Strength Training:** At the gym or staircase climbing or short day trek.

## Week 2

Follow the same as week 1 but increasing the distance to 3 km.

## Week 3

Follow the same as week 2 but increase the distance to 4 km.

By the end of the 3rd week you should be able to jog 4 km continuously.

Try to improve strength by lifting slightly higher weights, doing staircase climbing with a backpack of 4 kg.

## Week 4

Follow the same as week 3 but increase the distance to 5 km.

By the end of the 4th week you should be able to jog 5 km continuously.

Continue the strength training.

## Week 5 to week 8

Continue with the 5 km distance, by the end of 5th week you should be able to jog/run continuously 5 km under 35/40 mins.

## Useful Tips:

- Have a fruit like a banana or an apple half an hour before the run.
- Hydrate well with water before and after the run.
- Wear light dry fit clothes for your run.
- Get enough sleep at night before your run.
- Do 5 mins of warm up before running -- Chest stretches, hamstrings stretches for 30 secs each side, quadriceps stretching for 30 secs each side, toe raises.
- Cool down after the workout -- Lying hamstring stretches, quadriceps stretching work well