Run Series

2023

4 week - 5K Training Plan
Beginner to Improver
This 4-week 5k training plan is perfect for anyone who has some experience with running, and is looking for guidance to get to a 5k distance in a safe and sustainable way.

We strongly recommend starting at Week 1 for this plan, and you can repeat weeks if you feel you need to.

Rest days are important, so make sure to leave at least one full day in between each run in the plan. For example, your running schedule might be:

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This allows for your joints and muscles to recover. Gentle walks and yoga are good complementary activities you could consider for your rest days.

A warm up is included in all run sessions, but it is also important to finish each run with a cool-down activity. Stretching before and after each run is recommended.
Sports Medicine Clinic
Aches and pains? The University Sports Medicine Clinic offers free virtual 'open clinic' consultations, during which you can get advice from one of our clinicians. To book an open clinic appointment contact us.

Ask the gym team
Our fitness team are offering advice to our community via email or in-person. If you are having trouble with a particular exercise, or are looking for advice on workouts that will compliment your running plan, contact us.

Online mobility and fitness
The University of Bristol Sport app has a range of classes available, including mobility session for runners and low intensity fitness sessions perfect for your active rest days. Download the app today.

Share your progress on social media @bristolunisport
# 5K Training Plan

## Run 1
- Brisk walk - 5 minutes
- **Run** - 5 minutes
- **Walk** - 1 minute
  - [repeat x3]

## Run 2
- Brisk walk - 5 minutes
- **Run** - 7 minutes
- **Walk** - 2 minutes
  - [repeat x3]

## Run 3
- Brisk walk - 5 minutes
- **Run** - 5 minutes
- **Walk** - 1 minute
  - [repeat x3]

## Run 4
- Brisk walk - 5 minutes
- **Run** - 12 minutes
- **Walk** - 3 minutes
  - [repeat x2]

## Run 5
- Brisk walk - 5 minutes
- **Run** - 25 minutes

### Event Day
- Run 5k!
- Don't forget to warm-up, stretch and cool down
PROGRESS TRACKER

Use this tracker to check off your runs as you complete them. You can also add notes at the end of each week to reflect on your progress so far!

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Don't forget to join us on Strava
Search for our 'University of Bristol Sport' Club

Good luck! #WeAreBristol