

MARATHON HANDBOOK

THE 4 WEEK 5K TRAINING PLAN FOR BEGINNERS: GUIDANCE NOTES

INTRO

Hey there - Thomas from Marathon Handbook here. Thanks for taking the time to grab a copy of this plan!

CUSTOMIZING THE PLAN

No two runners are the same, and there's no such thing as a one-size-fits-all plan. That's why I make all my plans easy to customize: use the Google Sheets or Excel version of this plan to move things around to suit your weekly schedule, shorten or extend the plan, and mix up the workouts to suit your ability level.

In order to edit the file, please download it or make a copy (File>Make a Copy)

MEDICAL DISCLAIMER

This plan is for informational purposes only: it is not a certified exercise / health / wellness regime. Partake in run training at your own risk, always consult a doctor before starting a new exercise regime, and don't do anything stupid. Now let's get on with the details...

BREAKDOWN OF TRAINING WORKOUTS

Here's a brief rundown of the types of workout in the plan, and how to do them:

Easy Runs

Run at a conversational pace to aid recovery from harder workouts.

Run/Walk Intervals

Run and walk the intervals indicated in each workout.

Rest Days

No structured exercise. Focus on rest and recovery (stretching, foam rolling, taking it easy).

Strides

With strides, accelerate over the duration of the stride, reaching max speed at the end of each one.

Cross Training

Training: Non-running aerobic workout. Examples include cycling, swimming, rowing, elliptical, aqua jogging, and hiking.

Strength Training

In addition to the training plan as written, it's also a good idea to strength train twice a week.

[Your strength training workouts should be total-body workouts, focusing on compound exercises like squats, lunges, step-ups, deadlifts, push-ups, pull-ups, rows, and core exercises. For our strength training guide for runners, click here.](#)

Questions?

[Check out our Marathon Handbook Facebook Group, it's an awesome community of runners sharing their knowledge, frustrations, and wins!](#)

Unfortunately I can't respond to individual queries these days, but the FB group is probably an even better source of running wisdom!

[Share your training and wins with us over on Instagram!](#)

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