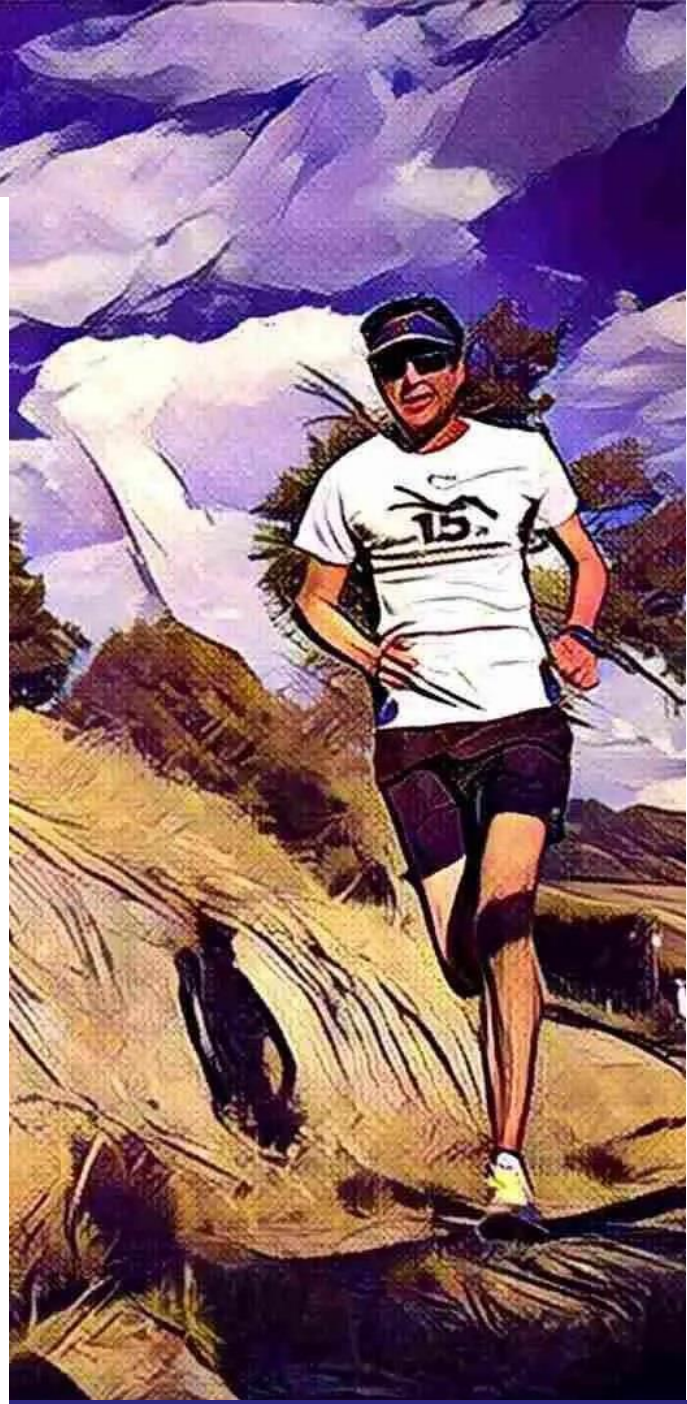


Parkrun 5K Starter Kit



R.E.S.E.T.®

Reorganising of Emotional Systems into Effective
Transformation....by Heiko Stribl



5K TRAINING PLAN

Getting Started

Commitment:

I (your name) _____ wholeheartedly commit to diligently follow my running plan, acknowledging its significance in my pursuit of physical well-being and personal growth. I pledge to adhere to the **prescribed schedule**, embracing each run as an opportunity for **progress** and self-improvement. Regardless of external challenges or distractions, I will prioritize this commitment, understanding that **consistency** is the key to achieving my fitness goals. With unwavering dedication, I promise to honor the plan's structure, push my limits, and **celebrate** the incremental victories on this journey towards a healthier, stronger version of myself. This commitment is not just to a plan but to the betterment of my mind and body.

My goal: on _____ (date) complete a _____-kilometer run in _____

hour/minutes at the _____ (event name).

" Written training plans provide clarity, focus, and accountability, enhancing goal adherence and facilitating progress tracking for improved performance and results. "

For most runners, being able to run your first 5km race without stopping is the first benchmark on our running journey. For many, it's the start of a new-found love of being more active and exploring the great outdoors.

Most cities in Europe, South Africa & Australia run a free five-kilometer event every Saturday called [parkrun](#). Targeting your local parkrun is a great goal for both the couch-to-5km runner and seasoned athlete alike.

Taking part in these regular organized events will improve your consistency and motivation, and provides the opportunity for you to meet other like-minded runners. In case you don't live near a parkrun, consider setting up a regular 5km loop with your running friends or those in the local community.

Always start your walk with 3–5 minutes at an easy warm-up pace. Cultivating a daily walking routine requires discipline and time management. Prioritize health by finding time, eliminating excuses. Consistency builds a habit, ensuring physical and mental well-being.

Start with a 15-minute walk at an easy pace. Walk five days the first week. You want to build a habit, so consistency is important. Spread out your rest days, such as making day 3 a rest day and day 6 a rest day.

Weekly total goal: 60 to 75 minutes

Week 2

Add five minutes a day so you are walking for 20 minutes, five days a week. Or, you may wish to extend yourself more on some days, followed by a rest day.

How do you run 5km as a beginner?

You might already be fit enough right now to tackle the 5km distance and just want to feel strong doing so, or you might be a complete beginner. That's okay. We all have to start somewhere, and starting is as simple as taking the first step out your front door.

This plan will take you from being able to run 10 minutes non-stop, to completing your very first 5km race. If you can't run for 10 minutes yet, don't worry. Set yourself the goal to complete 10 minutes of run/walk intervals a few minutes a week. Start off with one-minute run intervals and gradually increase the run time while decreasing the rest time, until you can manage 10 minutes without stopping.

From here, bookmark three days a week for the next six weeks so you can dedicate yourself fully to achieving your first 5km race.

Your training week during this 5km training plan will look something like this: one easy run, as slow as you like; one run a little quicker and perhaps a little shorter; and finally, one run a little longer to help you build up your mileage. Consistency is key here and trust us, it'll pay dividends.

Don't forget to prepare by eating a healthy, balanced, and varied diet. If following this plan means you'll be upping your weekly exercise, make sure you're consuming enough energy-rich foods to fuel your training.

How long does it take to run 5km?

How fast a beginner should run 5km varies, but a good time goal for completing your first 5km is under 40 minutes, or just under 8min/km. Seeing as a walking pace will have you complete 5km in an hour, how much quicker you can complete the distance when running will depend on your speed.

When we say 5km times vary enormously, we mean it.

How many calories can you burn on a 5km run?

We all have different reasons for wanting to run a 5km race. Some will see it as a challenge or a way to get outdoors, while others may use it as a tool in a wider fitness plan. Either way, we all want to know just how many calories you can burn running 5km.

The world record for 5km was set by Joshua Cheptegei with 12 minutes 35 seconds in 2020. It's all relative in running. Set yourself a realistic time goal based on your personal abilities and running ambitions, then follow this six-week plan to make them a reality.

The good news is that as a cardiovascular sport, running does burn a higher number of calories per minute than many other lower-intensity activities. That means running is a time-efficient way of staying fit. It is low maintenance too, just slip on a pair of your best trail running shoes and hit the trails.

There is no set answer for how many calories you can burn running as this will differ from person to person. Calories burnt will depend on many factors including weight, fitness levels, gender, and heart rate. Taking this all into account, most people can expect to burn between 200 and 700 calories on a 5km run.

5km training plan: 6-week schedule

Pace plays a significant role in this schedule. Of course, that immediately poses the question: what should that pace be? The paces in this plan will run from easy, to steady, to hard efforts. This will be based on feel, so if you can chat comfortably and run at the same time, you've got easy pace sorted.

Don't feel like you're cheating yourself if that sounds too slow or too easy. The greatest runners on the planet do exactly that pace for 80% of their week. A steady pace is one you can maintain for a significant amount of time, but you won't be able to manage more than monosyllabic chat. Lastly, a hard effort should feel like you're pushing yourself as much as possible for the distance. Strictly no talking allowed. Enough of the chat, let's get into it...

Week one

- Monday:** Run 1.5km at an easy pace
- Tuesday:** Rest
- Wednesday:** Run 3km at a steady pace
- Thursday:** Rest
- Friday:** Rest or strength work
- Saturday:** Run 3km at an easy pace
- Sunday:** Rest

Week two

- Monday:** Run 1.5km at an easy pace
- Tuesday:** Rest
- Wednesday:** Run 1.5km at a hard pace with 10 minutes of stretching - repeat twice.
- Thursday:** Rest
- Friday:** Rest or strength work
- Saturday:** Run 3km at a steady pace
- Sunday:** Rest

Week three

- Monday:** Run 3km at an easy pace
- Tuesday:** Rest
- Wednesday:** Run 800m at a hard pace with five-minutes of stretching - four sets.
- Thursday:** Rest
- Friday:** Rest or strength work
- Saturday:** Run 4km at a steady pace

Sunday: Rest

Week four

Monday: Run 5km at an easy pace

Tuesday: Rest

Wednesday: Run 1.5km at a hard pace, 10min stretch. Repeat x 3

Thursday: Rest

Friday: Rest or strength work

Saturday: Run 5km at a hard pace

Sunday: Rest

Week five

Monday: Run 5km at an easy pace

Tuesday: Rest

Wednesday: Run 800m at a hard pace, 5min stretch. Repeat x 5

Thursday: Rest

Friday: Rest or strength work

Saturday: Run 6.5km at a steady pace

Sunday: Rest

Week six

Monday: Run 3km at an easy pace

Tuesday: Rest

Wednesday: Run 800m at a hard pace, 5min stretch. Repeat x 5

Thursday: Rest

Friday: Rest or strength work

Saturday: 5km [race day!](#)

Sunday: Rest

Weekly total goal: 80 to 100 minutes

[Hebrews 12:1](#)

Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us,

End of Plan

If you are tired of...

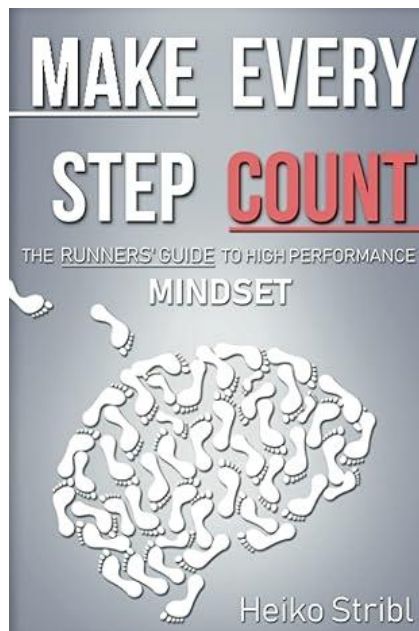
Inconsistent practice sessions — some days you are on, some days you are (way) off.

Feeling unfocused and unmotivated when the weather isn't to your liking, or you face a steep hill. Dreaming of being a stronger and smarter runner? But, you are not confident even though you are following the training plan,

Feeling like you aren't progressing as fast as you could be? And you know that you could be training and running much faster than you are right now...

Then you need to get your hands on Make Every Step Count today.

"The Runners' Secret Weapon for Better Run Practices and Faster Running..."



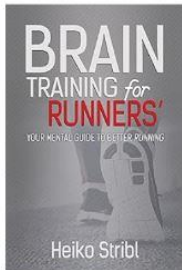
Conquer Your Running Aspirations with a Proven Goal-Setting Strategy. Dreaming about your running journey and future adventures is a great start. However, it takes more than just big goals to make them a reality.

Discover the essentials of crafting a remarkable running goal and, more crucially, construct a comprehensive plan to turn that goal into an accomplishment. Our program includes a detailed guide for creating training objectives, ensuring you stay focused and motivated during every run.

Do not settle for being the runner with grand aspirations that never come to fruition.

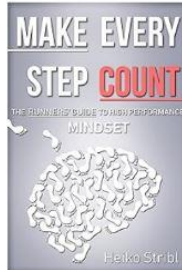
Your [Make Every Step Count](#) Run Book is here to guide you, step by step, in setting—and most importantly—*crushing* your running goals with precision and determination. Let's turn your running dreams into triumphant realities!

Check out other books by Heiko.



Quick look

Brain Training For Runners': Your Mental Guide To Better Running. (English Edition)
★★★★☆ 7



Quick look

Make Every Step Count: THE RUNNERS' GUIDE TO HIGH PERFORMANCE MINDSET...
★★★★★ 8



Quick look

Das W.I.E.S.O. Konzept.: Effektiver fragen, effizienter trainieren.
★★★★★ 9



Quick look

TOTAL IRRITATION: Warum Schwimmcoaching auch anders funktionieren kann
★★★★☆ 7

SHOWNOTES:

What does this mean for your running? Here some useful links.

Your “how to do it” run streak [Run 365 Days: Your 365 Day Run Streak](#)

[Brain Training For Runners': Your Mental Guide To Better Running.](#)

Improve your discipline [Accountability Coach](#).

Add swimming to your run [Become a better swimmer](#).

Follow us on [INSTAGRAM](#).

Follow us on [TWITTER](#).

Follow us on [YouTube](#).

More about your [HOST](#).

Train your BRAIN become a better runner.

Podcast [Apple Advanced Endurance Coaching](#).

Podcast [Spotify Advanced Endurance Coaching](#).