

WALK/RUN PLAN

New to running? This plan is perfect for you. It starts as a walk/run plan that will build up gradually, so you are able to complete 5K in 12 weeks time.

The plan requires three sessions per week. Try to block out time in your diary to help you get into the habit of exercising. If you can get through the first six weeks without skipping sessions, the plan will become much easier mentally, as you will be feeling healthier, and therefore more motivated.



DEMENTIA HELP

Helping carers cope

KEY: W/U = 5-minutes walking to warm up

WEEK/DAY	MON	TUES	WED	THUR	FRI	SAT	SUN
Week 1 25 mins	Rest or gentle walk	<u>W/U: 5 mins</u> Jog 1 min Walk 2 mins Repeat x 5 Walk 5 mins	Rest	<u>W/U: 5 mins</u> Jog 1 min Walk 2 mins Repeat x 5 Walk 5 mins	Rest or gentle exercise class (yoga/Pilates)	<u>W/U: 5 mins</u> Jog 1 min Walk 2 mins Repeat x 5 Walk 5 mins	Rest
Week 2 30 mins	Rest or gentle walk	<u>W/U: 5 mins</u> Jog 1 min Walk 2 mins Repeat x 7 Walk 4 mins	Rest	<u>W/U: 5 mins</u> Jog 1 min Walk 2 mins Repeat x 7 Walk 4 mins	Rest or gentle exercise class (yoga/Pilates)	<u>W/U: 5 mins</u> Jog 1 min Walk 2 mins Repeat x 7 Walk 4 mins	Rest
Week 3 30 mins	Rest or gentle walk	<u>W/U: 5 mins</u> Jog 90 secs Walk 2 mins Repeat x 6 Walk 4 mins	Rest	<u>W/U: 5 mins</u> Jog 90 secs Walk 2 mins Repeat x 6 Walk 4 mins	Rest or gentle exercise class (yoga/Pilates)	<u>W/U: 5 mins</u> Jog 90 secs Walk 2 mins Repeat x 6 Walk 4 mins	Rest
Week 4 29 mins	Rest or gentle walk	<u>W/U: 5 mins</u> Jog 2 mins Walk 2 mins Repeat x 6	Rest	<u>W/U: 5 mins</u> Jog 2 mins Walk 2 mins Repeat x 6	Rest or gentle exercise class (yoga/Pilates)	<u>W/U: 5 mins</u> Jog 2 mins Walk 2 mins Repeat x 6	Rest
Week 5 29 mins	Rest or gentle walk	<u>W/U: 5 mins</u> Jog 3 mins Walk 1 min Repeat x 6	Rest	<u>W/U: 5 mins</u> Jog 3 mins Walk 1 min Repeat x 6	Rest or gentle exercise class (yoga/Pilates)	<u>W/U: 5 mins</u> Jog 3 mins Walk 1 min Repeat x 6	Rest
Week 6 29 mins	Rest or gentle walk	<u>W/U: 5 mins</u> Jog 4 mins Walk 2 mins Repeat x 4	Rest	<u>W/U: 5 mins</u> Jog 4 mins Walk 2 mins Repeat x 4	Rest or gentle exercise class (yoga/Pilates)	<u>W/U: 5 mins</u> Jog 4 mins Walk 2 mins Repeat x 4	Rest
Week 7 33 mins	Rest or gentle walk	<u>W/U: 5 mins</u> Jog 5 mins Walk 2 mins Repeat x 4	Rest	<u>W/U: 5 mins</u> Jog 5 mins Walk 2 mins Repeat x 4	Rest or gentle exercise class (yoga/Pilates)	<u>W/U: 5 mins</u> Jog 5 mins Walk 2 mins Repeat x 4	Rest
Week 8 35 mins	Rest or gentle walk	<u>W/U: 5 mins</u> Jog 8 mins Walk 2 mins Repeat x 3	Rest	<u>W/U: 5 mins</u> Jog 8 mins Walk 2 mins Repeat x 3	Rest or gentle exercise class (yoga/Pilates)	<u>W/U: 5 mins</u> Jog 8 mins Walk 2 mins Repeat x 3	Rest
Week 9 29 mins	Rest or gentle walk	<u>W/U: 5 mins</u> Jog 10 mins Walk 2 mins Repeat x 2	Rest	<u>W/U: 5 mins</u> Jog 10 mins Walk 2 mins Repeat x 2	Rest or gentle exercise class (yoga/Pilates)	<u>W/U: 5 mins</u> Jog 10 mins Walk 2 mins Repeat x 2	Rest
Week 10 39 mins	Rest or gentle walk	<u>W/U: 5 mins</u> Jog 15 mins Walk 2 mins Repeat x 2	Rest	<u>W/U: 5 mins</u> Jog 15 mins Walk 2 mins Repeat x 2	Rest or gentle exercise class (yoga/Pilates)	<u>W/U: 5 mins</u> Jog 15 mins Walk 2 mins Repeat x 2	Rest
Week 11 37 mins	Rest or gentle walk	<u>W/U: 5 mins</u> Jog 20 mins Walk 2 mins Jog 10 mins	Rest	<u>W/U: 5 mins</u> Jog 20 mins Walk 2 mins Jog 10 mins	Rest or gentle exercise class (yoga/Pilates)	<u>W/U: 5 mins</u> Jog 20 mins Walk 2 mins Jog 10 mins	Rest
Week 12 35 mins	Rest or gentle walk	<u>W/U: 5 mins</u> Jog 30 mins	Rest	<u>W/U: 5 mins</u> Jog 30 mins	Rest or gentle exercise class (yoga/Pilates)	<u>W/U: 5 mins</u> Jog 30 mins	Rest