

You have thought about entering the 5km series but maybe feel a bit overawed by the thought of the training needed. If you're not sure you're able to run that far, then this wee programme may help you.

5km is around 3 miles and can be done by most people even on a run walk basis. I believe building up gently is the way to go. Even if you have not done very much exercise it will be possible for you to complete but you do have to believe it is possible to make it happen.

Be courageous, you can and will do the distance, just get yourself ready with some easy steps. Walk run is a good way to get going, walk for a minute run for a minute is a good starting place you can increase the run time as you become more comfortable. As your running gets a bit easier to do you can build up to running without needing to walk, you decide how much you can do, but remember you will be able to do more than you think.

	Sun	Mon	Tues	Wednesday	Thursday	Friday	Saturday
Week 1			20 mins walk			15mins walk/jog	
Week 2	20 mins walk		20 mins walk/jog			15 mins run (walk if needed)	
Week 3	30 mins walk		15 mins run			20 mins run	
Week 4	35 mins walk (try a little jog in the walk)		20 mins run			25 mins run	
Week 5	40 mins walk/run		20 mins run			30 mins run	
Week 6	45 mins walk/run		30 mins run			40 mins run	
Week 7	30 mins run		20 mins run		30 mins walk		Race day

Pick a route that you know, soft surfaces are best and as you build up the distance try to get onto rougher off road ground so that the race day will not be a surprise. Keep smiling as the act of smiling helps you run better. Make sure you have a drink before you set off, when you are doing the walk run bit it is ok to carry a drinks bottle but as you get into the running you will probably feel a bottle gets in the way.

The most important thing is to enjoy the experience, you will love it and hopefully become hooked.

John

*[silentrunningscotland.com](http://silentrunningscotland.com)*