



# 5k Training Plan

Follow our plan to get Double Dash ready! It's simple; 3 workouts a week for around 30 minutes each. But don't overdo it – have a rest day between runs.

Get warmed up with a brisk 5 minute walk, and add a 5 minute walk at the end to warm down gradually. Change the plan to suit you – repeat weeks if necessary or skip the first few workouts if you run regularly.

Training with your Double Dash partner will double the fun and get you ready to run connected!

Week	Workout 1	Workout 2	Workout 3
1	Run 1 min • Walk 90 sec • x8	Repeat workout 1	Repeat workout 1
2	Run 90 sec • Walk 2 min • x5	Repeat workout 1	Repeat workout 1
3	Run 90 sec • Walk 90 sec • Run 3 min • Walk 3 min • x2	Repeat workout 1	Repeat workout 1
4	Run 3 min • Walk 90 sec • Run 5 min • Walk 2.5 min • Run 5 mins	Repeat workout 1	Repeat workout 1
5	Run 5 min • Walk 3 min • x3	Run 8 min Walk 5 min Run 8 min	Run 20 min
6	Run 5 min • Walk 3 min • Run 8 min • Walk 3 min • Run 5 min	Run 10 min Walk 3 min Run 10 min	Run 25 min
7	Run 25 min	Repeat workout 1	Repeat workout 1
8	Run 28 min	Repeat workout 1	Repeat workout 1
9	Run 30 min	Repeat workout 1	<b>Double Dash 5k</b>

[rnib.org.uk/double-dash](https://rnib.org.uk/double-dash)