

























4km: Beginner

All 'Threshold' & 'Strides' sessions should start with a 10min warm-up jog, Dynamic Stretches and Running Drills and end with a 10min cool-down jog.

[▶ Dynamic Stretches](#)[▶ Beginner Running Drills](#)

Week	Sessions	Details	Weekly Goal
1	March 25th – Build Week		Establish routine
	 Day 1 – Endurance	20min of (1min jog/1min walk)	
	 Day 2 – Strides	5 x (15s fast/45s walk)	
	 Day 3 – Endurance	30min of (1min jog/2min walk)	
2	April 1st – Build Week		Build running volume
	 Day 1 – Endurance	24min of (1min jog/1min walk)	
	 Day 2 – Strides	8 x (15s fast/45s walk)	
	 Day 3 – Endurance	30min of (90s jog/90s walk)	
3	April 8th – Build Week		Build running volume
	 Day 1 – Endurance	24min of (90s jog/90s walk)	
	 Day 2 – Strides	2 sets of 5 x (15s fast/45s walk) with 3min recovery	
	 Day 3 – Endurance	30min of (2min run/1min walk)	
4	April 15th – Recovery Week		Test your fitness
	 Day 1 – Recovery	Rest Day	
	 Day 2 – Threshold	12min run aiming for max. distance (Coopers Test)	
	 Day 3 – Endurance	30min of (1min jog/2min walk)	
5	April 22nd – Build Week		Introduce threshold work
	 Day 1 – Strides	8 x (15s fast/45s walk)	
	 Day 2 – Threshold	5 x (2min threshold/2min walk)	
	 Day 3 – Endurance	30min of (3min run/2min walk)	

4km: Beginner continued

Week	Sessions	Details	Weekly Goal
6	April 29th – Build Week		Build running volume
	 Day 1 – Strides	2 sets of 5 x (15s fast/45s walk) with 3min recovery	
	 Day 2 – Threshold	4 x (3min threshold/2min walk)	
	 Day 3 – Endurance	30min of (4min run/2min walk)	
7	May 6th – Recovery Week		Maintain fitness
	 Day 1 – Strides	5 x (15s fast/45s walk)	
	 Day 2 – Threshold	5 x (1min threshold/1min walk)	
	 Day 3 – Endurance	20min of (4min run/1min walk)	
8	May 13th – Event Week		Rest up and get ready
	 Day 1 – Recovery	Rest Day	
	 Day 2 – Strides	5 x (15s fast/45s walk)	
	 Day 3 – Endurance	HBF Run for a Reason 4km	