

KILOPACE

TRAINING JOURNAL NO. 07

OCTOBER 19, 2026

Your couch to 5K journal

12 weeks from where you are today to running 5 km

12

WEEKS

3

RUNS PER WEEK

I can't run for 1 minute yet

STARTING POINT

THIS JOURNAL BELONGS TO

STARTED ON



kilopace.com

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03 Your numbers

Calculated from your answers. These are the numbers the whole plan is built on.

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CHAPTER 01

Your numbers

Calculated from your answers. These are the numbers the whole plan is built on.

YOUR NUMBERS

12 weeks from where you are today to running 5 km

12

WEEKS

3

RUNS PER WEEK

I can't run for 1 minute yet

STARTING POINT

Just finish

GOAL PACE

BEFORE YOU START

General fitness information, not medical advice. Stop and seek help if you feel chest pain, dizziness or sharp pain.

POCKET CARD

KILOPACE

Weeks: 12

Runs per week: 3

Starting point: I can't run for 1 minute yet

Goal pace: Just finish

CUT OUT AND KEEP WITH YOU

CHAPTER 02

How to use this journal

Slower than you think. Beginners who stall are almost always running too fast.

HOW TO USE THIS JOURNAL

How to use this journal

- 01** Run on non-consecutive days.
- 02** Tick each run in the weekly pages and note how it felt.
- 03** Feeling sore? Rest an extra day, then repeat the last session.
- 04** Book a parkrun or local 5 km for the final week; a date makes it real.

“Short steps, relaxed shoulders, land under your hips.”

COACHING NOTES

- Slower than you think. Beginners who stall are almost always running too fast.
- Buy running shoes in a running shop; try a few and choose the most comfortable.
- Breathing hard? It's pace, not lungs. Slow down until it settles.
- Run with music or a friend for the long sessions.
- After your 5 km, keep three easy runs a week and enjoy them.

CHAPTER 03

The programme

12 weeks from where you are today to running 5 km

01

How easy is easy?

Almost every run in this plan is easy. If you can't speak in full sentences, slow down; walk breaks are allowed.

- Easy: you can chat (RPE 3–4).
- Running intervals: you can still speak in sentences (RPE 5).
- 5 km day: comfortably hard for the last kilometre.

02

Your 12-week plan

“Repeat a week if it felt very hard. That is normal and still progress.”

WEEK	MAIN RUN	TIME	EXTRA
1	8 × (1 min run + 1.5 min walk)	30 min	—
2	6 × (1.5 min run + 2 min walk)	31 min	—
3	6 × (2 min run + 2 min walk)	34 min	—
4	5 × (3 min run + 2 min walk)	35 min	—
5	3 × (5 min run + 3 min walk)	34 min	—
6	2 × (8 min run + 4 min walk)	34 min	—
7	2 × (10 min run + 3 min walk)	36 min	—
8	2 × (15 min run + 3 min walk)	46 min	—
9	20 min continuous easy run	30 min	—
10	25 min continuous easy run	35 min	—
11	28 min continuous easy run	38 min	—
12	5 km week: one easy 20-minute run, then your 5 km	40 min	—

03

The 10-minute runner's strength routine

- Squat to a chair: 2 × 10
- Glute bridge: 2 × 12
- Calf raises: 2 × 15
- Split squat: 2 × 8 each leg
- Plank: 2 × 30 s

04

Technique library

Every movement in your plan, with the cues coaches use. Read it once before week 1, then come back whenever a lift feels off.

EXERCISE	CUES
Split squat	Long split stance, back heel up, hands on hips or holding weights · Drop the back knee straight down, front shin near vertical · Don't let the front knee cave inwards or push off the back foot
Plank	Forearms under shoulders, body in one line from head to heels · Squeeze glutes and brace as if about to be poked in the stomach, breathe · Don't let the hips sag or pike up
Glute bridge	On your back, feet flat, hip-width, heels close to glutes · Drive through heels to lift hips, pause with glutes squeezed · Don't arch the lower back to get higher
Squat to a chair: 2 × 10	Stand in front of a chair, arms forward · Sit back to lightly touch the seat, stand by driving through the whole foot · Don't drop onto the chair or let knees cave
Glute bridge: 2 × 12	On your back, feet flat, hip-width, heels close to glutes · Drive through heels to lift hips, pause with glutes squeezed · Don't arch the lower back to get higher
Calf raises: 2 × 15	Stand tall, hold a wall for balance, on a step for more range · Rise as high as you can, lower slowly · Don't bounce or roll out to the little toes
Split squat: 2 × 8 each leg	Long split stance, back heel up · Drop the back knee straight down, front shin near vertical, drive up through the front heel · Don't let the front knee cave inwards
Plank: 2 × 30 s	Forearms under shoulders, body in one line from head to heels · Squeeze glutes and brace, breathe steadily · Don't let hips sag; drop to the knees if needed

05

If this happens, do this

If you can't finish a run interval	Then slow down to a pace you could talk at; if it still fails, repeat the previous week
If you get shin pain	Then take two rest days, then repeat the last week on soft surfaces; stop and see a physio if pain is above 3/10 or worsens
If you get a side stitch	Then slow down, breathe out fully as the opposite foot lands, and avoid large meals 2 hours before running
If you missed a week	Then repeat the last week you completed; after two or more weeks off, go back two weeks
If you are out of breath straight away	Then warm up with a 5-minute brisk walk and start each run interval slower than feels necessary
If your knees ache after runs	Then shorten your stride, land under your hips, keep up the strength routine, and see a professional if it persists

06

Glossary

RPE	Rate of perceived exertion: how hard a set feels on a 1–10 scale. 10 is all-out, 7 means about three more reps were possible.
Reps in reserve	How many more good reps you could have done when you stopped the set. RIR 2 ≈ RPE 8.
3 × 8–10	Three sets of 8 to 10 repetitions each. Pick a weight that lets you reach the range with good form.
Deload	A lighter week with less volume or load, usually every 4–6 weeks, so the body can recover and adapt.
Progressive overload	Gradually making training harder over time, with more weight, reps or sets, so you keep improving.
Double progression	Add reps first until all sets reach the top of the range, then add weight and start again at the bottom.
Zone 2 / easy pace	A relaxed effort where you can talk in full sentences. It builds aerobic base and aids recovery.
Threshold	The hardest pace you can hold for about an hour; feels comfortably hard, only a few words at a time.
Tempo / interval	Tempo: sustained, steady hard running. Interval: shorter fast repeats with recovery between them.

TDEE	Total daily energy expenditure: the calories you burn in a day, including exercise and daily activity.
Protein per kg	Daily protein based on body weight, e.g. 1.6 g/kg means 112 g for a 70 kg person.
Fibre target	Aim for about 25–30 g of fibre a day from vegetables, fruit, whole grains and legumes.



CHAPTER 04

Weekly pages

Tick each session when it is done

WEEK

8 minutes of running per session

01

WEEK OF _____

- ☐ Every run: 5 min brisk walk to warm up, 5 min walk to cool down
- ☐ Run 1: 8 × (1 min run + 1.5 min walk)
- ☐ Run 2: 8 × (1 min run + 1.5 min walk)
- ☐ Run 3: 8 × (1 min run + 1.5 min walk)
- ☐ Twice this week: the 10-minute runner's strength routine

	MON	TUE	WED	THU	FRI	SAT	SUN
DONE	☐	☐	☐	☐	☐	☐	☐
ENERGY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
SLEEP	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○

WEEK IN REVIEW

What went well this week?

What got in the way?

One thing to do differently next week

WEEK

9 minutes of running per session

02

WEEK OF _____

- ☐ Every run: 5 min brisk walk to warm up, 5 min walk to cool down
- ☐ Run 1: 6 × (1.5 min run + 2 min walk)
- ☐ Run 2: 6 × (1.5 min run + 2 min walk)
- ☐ Run 3: 6 × (1.5 min run + 2 min walk)
- ☐ Twice this week: the 10-minute runner's strength routine

	MON	TUE	WED	THU	FRI	SAT	SUN
DONE	☐	☐	☐	☐	☐	☐	☐
ENERGY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
SLEEP	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○

WEEK IN REVIEW

What went well this week?

What got in the way?

One thing to do differently next week

WEEK

12 minutes of running per session

03

WEEK OF _____

- ☐ Every run: 5 min brisk walk to warm up, 5 min walk to cool down
- ☐ Run 1: 6 × (2 min run + 2 min walk)
- ☐ Run 2: 6 × (2 min run + 2 min walk)
- ☐ Run 3: 6 × (2 min run + 2 min walk)
- ☐ Twice this week: the 10-minute runner's strength routine

	MON	TUE	WED	THU	FRI	SAT	SUN
DONE	☐	☐	☐	☐	☐	☐	☐
ENERGY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
SLEEP	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○

WEEK IN REVIEW

What went well this week?

What got in the way?

One thing to do differently next week

WEEK

15 minutes of running per session

04

WEEK OF _____

- ☐ Every run: 5 min brisk walk to warm up, 5 min walk to cool down
- ☐ Run 1: 5 × (3 min run + 2 min walk)
- ☐ Run 2: 5 × (3 min run + 2 min walk)
- ☐ Run 3: 5 × (3 min run + 2 min walk)
- ☐ Twice this week: the 10-minute runner's strength routine

	MON	TUE	WED	THU	FRI	SAT	SUN
DONE	☐	☐	☐	☐	☐	☐	☐
ENERGY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
SLEEP	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○

WEEK IN REVIEW

What went well this week?

What got in the way?

One thing to do differently next week

WEEK

15 minutes of running per session

05

WEEK OF _____

- ☐ Every run: 5 min brisk walk to warm up, 5 min walk to cool down
- ☐ Run 1: 3 × (5 min run + 3 min walk)
- ☐ Run 2: 3 × (5 min run + 3 min walk)
- ☐ Run 3: 3 × (5 min run + 3 min walk)
- ☐ Twice this week: the 10-minute runner's strength routine

	MON	TUE	WED	THU	FRI	SAT	SUN
DONE	☐	☐	☐	☐	☐	☐	☐
ENERGY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
SLEEP	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○

WEEK IN REVIEW

What went well this week?

What got in the way?

One thing to do differently next week

WEEK

16 minutes of running per session

06

WEEK OF _____

- ☐ Every run: 5 min brisk walk to warm up, 5 min walk to cool down
- ☐ Run 1: 2 × (8 min run + 4 min walk)
- ☐ Run 2: 2 × (8 min run + 4 min walk)
- ☐ Run 3: 2 × (8 min run + 4 min walk)
- ☐ Twice this week: the 10-minute runner's strength routine

	MON	TUE	WED	THU	FRI	SAT	SUN
DONE	☐	☐	☐	☐	☐	☐	☐
ENERGY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
SLEEP	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○

WEEK IN REVIEW

What went well this week?

What got in the way?

One thing to do differently next week

WEEK

20 minutes of running per session

07

WEEK OF _____

- ☐ Every run: 5 min brisk walk to warm up, 5 min walk to cool down
- ☐ Run 1: 2 × (10 min run + 3 min walk)
- ☐ Run 2: 2 × (10 min run + 3 min walk)
- ☐ Run 3: 2 × (10 min run + 3 min walk)
- ☐ Twice this week: the 10-minute runner's strength routine

	MON	TUE	WED	THU	FRI	SAT	SUN
DONE	☐	☐	☐	☐	☐	☐	☐
ENERGY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
SLEEP	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○

WEEK IN REVIEW

What went well this week?

What got in the way?

One thing to do differently next week

WEEK

30 minutes of running per session

08

WEEK OF _____

- ☐ Every run: 5 min brisk walk to warm up, 5 min walk to cool down
- ☐ Run 1: 2 × (15 min run + 3 min walk)
- ☐ Run 2: 2 × (15 min run + 3 min walk)
- ☐ Run 3: 2 × (15 min run + 3 min walk)
- ☐ Twice this week: the 10-minute runner's strength routine

	MON	TUE	WED	THU	FRI	SAT	SUN
DONE	☐	☐	☐	☐	☐	☐	☐
ENERGY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
SLEEP	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○

WEEK IN REVIEW

What went well this week?

What got in the way?

One thing to do differently next week

WEEK

20 minutes of continuous running

09

WEEK OF _____

- ☐ Every run: 5 min brisk walk to warm up, 5 min walk to cool down
- ☐ Run 1: 20 min continuous easy run
- ☐ Run 2: 20 min continuous easy run
- ☐ Run 3: 20 min continuous easy run
- ☐ Twice this week: the 10-minute runner's strength routine

	MON	TUE	WED	THU	FRI	SAT	SUN
DONE	☐	☐	☐	☐	☐	☐	☐
ENERGY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
SLEEP	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○

WEEK IN REVIEW

What went well this week?

What got in the way?

One thing to do differently next week

WEEK

25 minutes of continuous running

10

WEEK OF _____

- ☐ Every run: 5 min brisk walk to warm up, 5 min walk to cool down
- ☐ Run 1: 25 min continuous easy run
- ☐ Run 2: 25 min continuous easy run
- ☐ Run 3: 25 min continuous easy run
- ☐ Twice this week: the 10-minute runner's strength routine

	MON	TUE	WED	THU	FRI	SAT	SUN
DONE	☐	☐	☐	☐	☐	☐	☐
ENERGY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
SLEEP	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○

WEEK IN REVIEW

What went well this week?

What got in the way?

One thing to do differently next week

WEEK

28 minutes of continuous running

11

WEEK OF _____

- ☐ Every run: 5 min brisk walk to warm up, 5 min walk to cool down
- ☐ Run 1: 28 min continuous easy run
- ☐ Run 2: 28 min continuous easy run
- ☐ Run 3: 28 min continuous easy run
- ☐ Twice this week: the 10-minute runner's strength routine

	MON	TUE	WED	THU	FRI	SAT	SUN
DONE	☐	☐	☐	☐	☐	☐	☐
ENERGY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
SLEEP	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○

WEEK IN REVIEW

What went well this week?

What got in the way?

One thing to do differently next week

WEEK

Your 5 km

12

WEEK OF _____

- ☐ Every run: 5 min brisk walk to warm up, 5 min walk to cool down
- ☐ Run 1: 5 km week: one easy 20-minute run, then your 5 km
- ☐ Run 2: 5 km week: one easy 20-minute run, then your 5 km
- ☐ Run 3: 5 km week: one easy 20-minute run, then your 5 km
- ☐ Twice this week: the 10-minute runner's strength routine

	MON	TUE	WED	THU	FRI	SAT	SUN
DONE	☐	☐	☐	☐	☐	☐	☐
ENERGY	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
SLEEP	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○

WEEK IN REVIEW

What went well this week?

What got in the way?

One thing to do differently next week



CHAPTER 05

Logs

LOGS

Run log

DATE	SESSION	DISTANCE	TIME	RPE	NOTES

NOTES

Grid of dots for notes.

NOTES

Grid of dotted lines for notes.

REFERENCES

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2. WHO Guidelines on Physical Activity and Sedentary Behaviour (2020)

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3. ACSM Position Stand: Quantity and Quality of Exercise (Garber et al., 2011)

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Small, repeated, honest efforts.
That is the whole secret.

Made for you on October 19, 2026

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