



5KM RUNNING PLAN

**RE
FE
BO
TO
CS
OO**

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	REST	WALK 1MIN/ JOG 1MIN X10	REST	WALK 1MIN/ JOG 1MIN X10	REST	REST	2KM RUN
WEEK 2	REST	3X1KM / 3MINS REST BETWEEN SETS = 3KM	REST	5X500M/ 2MIN REST BETWEEN SETS = 2.5KM	REST	REST	3KM RUN
WEEK 3	REST	2KM JOG	REST	6X500M/ 2MIN REST BETWEEN SETS = 3KM	REST	REST	3.5KM RUN
WEEK 4	REST	2.5KM JOG	REST	6X500M/ 2MIN REST BETWEEN SETS = 3KM	REST	REST	4KM RUN



5KM RUNNING PLAN

NOVEMBER

MON

TUE

WED

THU

FRI

SAT

SUN

WEEK 5

REST

3KM JOG

REST

**8X500M /
2MINS REST
BETWEEN SETS
= 4KM**

REST

REST

4.5KM RUN

WEEK 6

2KM JOG

REST

2-3KM JOG

REST

REST

**5KM
RACE**

