

5KM RUNNING PLAN - PART 1

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	REST	WALK 500M/RUN 500M X3	REST	WALK 500M/RUN 500M X3	REST	REST	1.5KM RUN
WEEK 2	REST	1.5KM RUN	REST	2KM RUN	REST	REST	2KM RUN
WEEK 3	REST	2.5KM RUN	REST	500M WARM UP, 4X500M RUNS/2MIN REST IN BETWEEN	REST	REST	2.5KM RUN
WEEK 4	REST	3KM RUN	REST	500M WARM UP, 2X1KM RUNS/3MIN REST IN BETWEEN	REST	REST	3KM RUN

**You can complete this program if you are a novice runner. However, if you would like a more bespoke plan, book in to see Sarah!*

5KM RUNNING PLAN - PART 2

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 5	REST	3.5KM RUN	REST	500M WARM UP, 5X500M RUN/3MINS REST BETWEEN	REST	REST	3.5KM RUN
WEEK 6	REST	4KM RUN	REST	500M WARM UP, 3X1KM RUNS/3MIN REST IN BETWEEN	REST	REST	4KM RUN
WEEK 7	REST	4.5KM RUN	REST	500M WARM UP, 7X500M RUNS/2MINS REST IN BETWEEN	REST	REST	4.5KM RUN
WEEK 8	REST	2KM RUN	REST	3KM RUN	REST	REST	5KM RUN



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