



distance: 5K
 level: BEGINNERS
 number of weeks: 10

| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | | |
|------|------------------------------------------|----------------------------------------------------|-----------|-------------------------------|--------|----------------------------------------------------------------------------|--------------------------------------------------------------|--------------------------|-------------|
| | REST | 1min easy run/1min walk x 10 | REST | 1min easy run/1min walk x 10 | REST | 30 min brisk walk | 2min easy run/1min walk x 7 | <input type="checkbox"/> | ☺ ☹ ☹ |
| | REST | 2min easy run/1min walk x 6 | REST | 2min easy run/1min walk x 6 | REST | 45mins brisk walk OR 20min aerobic x training easy OR a conditioning class | 3min easy run/1min walk x 5 | <input type="checkbox"/> | ☺ ☹ ☹ |
| | Pilates class or core work or 30min swim | 4min easy run/1min walk x3 | REST | 5min easy run/1min walk x 3 | REST | 45mins brisk walk OR 20min aerobic x training easy OR a conditioning class | 7min continuous easy run/2min walk then 4min run/1min walk x | <input type="checkbox"/> | ☺ ☹ ☹ |
| | Pilates class or core work or 30min swim | 5min run/1min walk x 3 then 2min run/1min walk x 3 | REST | 5min run/1min walk x 4 | REST | 60mins brisk walk OR 30min aerobic x training easy OR a conditioning class | 10min easy run/2min walk then 5min run/1min walk x 2 | <input type="checkbox"/> | ☺ ☹ ☹ |
| | REST | 4 min run/1min walk x 5 | REST | 7 min run/1min walk x 3 | REST | REST | 15min easy run/1min walk then 10min brisk walk | <input type="checkbox"/> | ☺ ☹ ☹ |
| | Pilates class or core work or 30min swim | 6 min easy run/1min walk x 4 | REST | 10 min easy run/1min walk x 2 | REST | 60mins brisk walk OR 30min aerobic x training easy OR a | 20 mins easy run/1min walk then 5min easy run/1min walk x 2 | <input type="checkbox"/> | ☺ ☹ ☹ |

| | | | | | | | | | |
|---|------------------------------------------|----------------------------------------------------------------------------|------|--------------------------------------------|------|----------------------------------------------------------------------------|---------------------------------------|--------------------------|-------------|
| | | | | | | conditioning class | | | |
| | Pilates class or core work or 30min swim | 6min easy run/1min walk x 5 | REST | 12 min easy run/1min walk x 2 | REST | 60mins brisk walk OR 30min aerobic x training easy OR a conditioning class | 25min easy run then 10mins brisk walk | <input type="checkbox"/> | ☺ ☹ ☹ |
| | Pilates class or core work or 30min swim | 8min easy run/2min run x 4 | REST | 10min run/1min walk x 3 | REST | REST | 30min continuous running | <input type="checkbox"/> | ☺ ☹ ☹ |
| | Pilates class or core work or 30min swim | 15min easy run | REST | 25min continuous running | REST | 60mins brisk walk OR 30min aerobic x training easy OR a conditioning class | 35 min continuous run | <input type="checkbox"/> | ☺ ☹ ☹ |
| 0 | REST | 6min,5min,4min,3min,2min,1min runs with 90 secs walk inbetween the blocks. | REST | 15min easy run then 1min run/1min walk x 8 | REST | REST | 5k Race!! Good Luck! | <input type="checkbox"/> | ☺ ☹ ☹ |

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- Note please do a 15 minute warm up and cool down before Threshold, Continuous Hills or Interval sessions
- If you're are feeling ok you may wish to consider a 20-30 minute recovery run in the morning before any of the quality sessions above
- Always substitute cross training for running if you are injured, very sore or it is not safe to run.
- Please add a Core conditioning, Pilates or Yoga classes once or twice a week if you have time.
- Try to stretch every day for at least 10 mins.
- Always eat within 20-30 mins of finishing a run ■ Always train at your target pace, don't compromise or run too hard. Tiredness always catches up - take extra rest if required.....