



## Fitbit Family 5km Training – 12 Week Program

This program is designed to get you across the finish line in the Fitbit Family 5km at the ASB Auckland Marathon with a smile on your face! The key to the training plan below is to where possible include family, friends and colleagues in your training. Let's get race ready together 😊 All sessions are suggestive, listen to your body, we have plenty of time until race day

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Notes
Week 1	Mon, 6 Aug	Tue, 7 Aug	Wed, 8 Aug	Thu, 9 Aug	Fri, 10	Sat, 11 Aug	Sun, 12 Aug	
August	Rest Day	<b>Total Time</b> – 30mins <b>Session</b> – 15mins one way and 15mins back <b>Tempo</b> – Brisk Walking <b>With</b> – Work Colleague at lunch	Do you day (get moving however you want)	<b>Total Time</b> – 30mins <b>Session</b> – 15mins one way and 15mins back <b>Tempo</b> – Brisk Walking <b>With</b> – Family Member	Rest Day	<b>Total Time</b> – 30mins <b>Session</b> – 15mins one way and 15mins back <b>Tempo</b> – Brisk Walking with 2 x 5 mins of jogging/running <b>With</b> – Bring a friend	Rest Day	Get moving
Week 2	Mon, 13 Aug	Tue, 14 Aug	Wed, 15 Aug	Thu, 16 Aug	Fri, 17	Sat, 18 Aug	Sun, 19 Aug	
August	Rest Day	<b>Total Time</b> – 30mins <b>Session</b> – 15mins one way and 15mins back <b>Tempo</b> – Brisk Walking <b>With</b> – Work Colleague at lunch <b>Where</b> – Away from office and back	Do you day (get moving however you want)	<b>Total Time</b> – 30mins <b>Session</b> – 15mins one way and 15mins back <b>Tempo</b> – Brisk Walking <b>With</b> – Family Member <b>Where</b> – Close to home	Rest Day	<b>Total Time</b> – 30mins <b>Session</b> – 15mins one way and 15mins back <b>Tempo</b> – Brisk Walking with 2 x 5 mins of jogging/running <b>With</b> – Bring a friend <b>Where</b> – Local Park / Beach	Rest Day	A little jogging
Week 3	Mon, 20 Aug	Tue, 21 Aug	Wed, 22 Aug	Thu, 23 Aug	Fri, 24	Sat, 25 Aug	Sun, 26 Aug	
August	Rest Day	<b>Total Time</b> – 30mins <b>Session</b> – 15mins one way and 15mins back <b>Tempo</b> – Race Walking <b>With</b> – Work Colleague at lunch <b>Where</b> – Away from office and back	Do you day (get moving however you want)	<b>Total Time</b> – 30mins <b>Session</b> – 15mins one way and 15mins back <b>Tempo</b> – Race Walking <b>With</b> – Family Member <b>Where</b> – Close to home	Rest Day	<b>Total Time</b> – 30mins <b>Session</b> – 15mins one way and 15mins back <b>Tempo</b> – Brisk Walking with 2 x 5 mins of jogging/running <b>With</b> – Bring a friend <b>Where</b> – Local Park / Beach	Rest Day	A little Competition
Week 4	Mon, 27 Aug	Tue, 28 Aug	Wed, 29 Aug	Thu, 30 Aug	Fri, 31	Sat, 1 Sep	Sun, 2 Sep	
September	Rest Day	<b>Total Time</b> – 36mins <b>Session</b> – 18mins one way and 18mins back <b>Tempo</b> – Brisk Walking <b>With</b> – Work Colleague at lunch <b>Where</b> – Away from office and back	Do you day (get moving however you want)	<b>Total Time</b> – 36mins <b>Session</b> – 18mins one way and 18mins back <b>Tempo</b> – Brisk Walking for 1 <sup>st</sup> and last 5 mins. Walk/Jog/Run at your pace for middle 26mins <b>With</b> – Family Member <b>Where</b> – Close to home	Rest Day	<b>Total Time</b> – 36mins <b>Session</b> – 18mins one way and 18mins back <b>Tempo</b> – Brisk Walking with Brisk Walking for 1 <sup>st</sup> and last 5 mins. Walk/Jog/Run at your pace for middle 26mins <b>With</b> – Bring a friend <b>Where</b> – Local Park / Beach	<b>Total Time</b> – 36mins <b>Session</b> – 18mins one way and 18mins back <b>Tempo</b> – Brisk Walking for 1 <sup>st</sup> and last 5 mins. Walk/Jog/Run at your pace for middle 26mins <b>With</b> – Family Member <b>Where</b> – Close to home	A little longer
Week 5	Mon, 3 Sep	Tue, 4 Sep	Wed, 5 Sep	Thu, 6 Sep	Fri, 7 Sep	Sat, 8 Sep	Sun, 9 Sep	
September	Rest Day	<b>Total Time</b> – 36mins <b>Session</b> – 18mins one way and 18mins back <b>Tempo</b> – Brisk Walking <b>With</b> – Work Colleague at lunch <b>Where</b> – Away from office and back	Do you day (get moving however you want)	<b>Total Time</b> – 36mins <b>Session</b> – 18mins one way and 18mins back <b>Tempo</b> – Brisk Walking for 1 <sup>st</sup> and last 5 mins. Walk/Jog/Run at your pace for middle 26mins <b>With</b> – Family Member <b>Where</b> – Close to home	Rest Day	<b>Total Time</b> – 36mins <b>Session</b> – 18mins one way and 18mins back <b>Tempo</b> – Brisk Walking with Brisk Walking for 1 <sup>st</sup> and last 5 mins. Walk/Jog/Run at your pace for middle 26mins <b>With</b> – Bring a friend <b>Where</b> – Local Park / Beach	<b>Total Time</b> – 36mins <b>Session</b> – 18mins one way and 18mins back <b>Tempo</b> – Brisk Walking for 1 <sup>st</sup> and last 5 mins. Walk/Jog/Run at your pace for middle 26mins <b>With</b> – Family Member <b>Where</b> – Close to home	Build
Week 6	Mon, 10 Sep	Tue, 11 Sep	Wed, 12 Sep	Thu, 13 Sep	Fri, 14	Sat, 15 Sep	Sun, 16 Sep	

September	Rest Day	<b>Total Time</b> – 40mins <b>Session</b> – 20mins one way and 20mins back <b>Tempo</b> – Brisk Walking <b>With</b> – Work Colleague at lunch <b>Where</b> – Away from office and back	Do you day (get moving however you want)	<b>Total Time</b> – 40mins <b>Session</b> – 20mins one way and 20mins back <b>Tempo</b> – Brisk Walking for 1 <sup>st</sup> and last 5 mins. Walk/Jog/Run at your pace for middle 30mins <b>With</b> – Family Member <b>Where</b> – Close to home	Rest Day	<b>Total Time</b> – 40mins <b>Session</b> – 20mins one way and 20mins back <b>Tempo</b> – Brisk Walking with Brisk Walking for 1 <sup>st</sup> and last 5 mins. Walk/Jog/Run at your pace for middle 30mins <b>With</b> – Bring a friend <b>Where</b> – Local Park / Beach	<b>Total Time</b> – 40mins <b>Session</b> – 20mins one way and 20mins back <b>Tempo</b> – Brisk Walking for 1 <sup>st</sup> and last 5 mins. Walk/Jog/Run at your pace for middle 30mins <b>With</b> – Family Member <b>Where</b> – Close to home	<i>Alternate between walking / jogging if necessary</i>
Week 7	Mon, 17 Sep	Tue, 18 Sep	Wed, 19 Sep	Thu, 20 Sep	Fri, 21 Sep	Sat, 22 Sep	Sun, 23 Sep	
September	Rest Day	<b>Total Time</b> – 40mins <b>Session</b> – 20mins one way and 20mins back <b>Tempo</b> – Brisk Walking <b>With</b> – Work Colleague at lunch <b>Where</b> – Away from office and back	Do you day (get moving however you want)	<b>Total Time</b> – 40mins <b>Session</b> – 20mins one way and 20mins back <b>Tempo</b> – Brisk Walking for 1 <sup>st</sup> and last 5 mins. Walk/Jog/Run at your pace for middle 30mins <b>With</b> – Family Member <b>Where</b> – Close to home	Rest Day	<b>Total Time</b> – 40mins <b>Session</b> – 20mins one way and 20mins back <b>Tempo</b> – Brisk Walking with Brisk Walking for 1 <sup>st</sup> and last 5 mins. Walk/Jog/Run at your pace for middle 30mins <b>With</b> – Bring a friend <b>Where</b> – Local Park / Beach	<b>Total Time</b> – 40mins <b>Session</b> – 20mins one way and 20mins back <b>Tempo</b> – Brisk Walking for 1 <sup>st</sup> and last 5 mins. Walk/Jog/Run at your pace for middle 30mins <b>With</b> – Family Member <b>Where</b> – Close to home	<i>Build</i>
Week 8	Mon, 24 Sep	Tue, 25 Sep	Wed, 26 Sep	Thu, 27 Sep	Fri, 28 Sep	Sat, 29 Sep	Sun, 30 Sep	
October	Rest Day	<b>Total Time</b> – 46mins <b>Session</b> – 23mins one way and 23mins back <b>Tempo</b> – Brisk Walking <b>With</b> – Work Colleague at lunch <b>Where</b> – Away from office and back	Do you day (get moving however you want)	<b>Total Time</b> – 46mins <b>Session</b> – 23mins one way and 23mins back <b>Tempo</b> – Brisk Walking for 1 <sup>st</sup> and last 5 mins. Walk/Jog/Run at your pace for middle 36mins <b>With</b> – Family Member <b>Where</b> – Close to home	Rest Day	<b>Total Time</b> – 46mins <b>Session</b> – 23mins one way and 23mins back <b>Tempo</b> – Brisk Walking with Brisk Walking for 1 <sup>st</sup> and last 5 mins. Walk/Jog/Run at your pace for middle 36mins <b>With</b> – Bring a friend <b>Where</b> – Local Park / Beach	<b>Total Time</b> – 46mins <b>Session</b> – 23mins one way and 23mins back <b>Tempo</b> – Brisk Walking for 1 <sup>st</sup> and last 5 mins. Walk/Jog/Run at your pace for middle 36mins <b>With</b> – Family Member <b>Where</b> – Close to home	<i>Feel the improvement. Alternate between walking / jogging if</i>
Week 9	Mon, 1 Oct	Tue, 2 Oct	Wed, 3 Oct	Thu, 4 Oct	Fri, 5 Oct	Sat, 6 Oct	Sun, 7 Oct	
October	Rest Day	<b>Total Time</b> – 46mins <b>Session</b> – 23mins one way and 23mins back <b>Tempo</b> – Brisk Walking <b>With</b> – Work Colleague at lunch <b>Where</b> – Away from office and back	Do you day (get moving however you want)	<b>Total Time</b> – 46mins <b>Session</b> – 23mins one way and 23mins back <b>Tempo</b> – Brisk Walking for 1 <sup>st</sup> and last 5 mins. Walk/Jog/Run at your pace for middle 36mins <b>With</b> – Family Member <b>Where</b> – Close to home	Rest Day	<b>Total Time</b> – 46mins <b>Session</b> – 23mins one way and 23mins back <b>Tempo</b> – Brisk Walking with Brisk Walking for 1 <sup>st</sup> and last 5 mins. Walk/Jog/Run at your pace for middle 36mins <b>With</b> – Bring a friend <b>Where</b> – Local Park / Beach	<b>Total Time</b> – 46mins <b>Session</b> – 23mins one way and 23mins back <b>Tempo</b> – Brisk Walking for 1 <sup>st</sup> and last 5 mins. Walk/Jog/Run at your pace for middle 36mins <b>With</b> – Family Member <b>Where</b> – Close to home	<i>Push a little harder. Keep your friends/family on the journey with you</i>
Week 10	Mon, 8 Oct	Tue, 9 Oct	Wed, 10 Oct	Thu, 11 Oct	Fri, 12 Oct	Sat, 13 Oct	Sun, 14 Oct	
October	Rest Day	<b>Total Time</b> – 50mins <b>Session</b> – 25mins one way and 25mins back <b>Tempo</b> – Brisk Walking <b>With</b> – Work Colleague at lunch <b>Where</b> – Away from office and back	Do you day (get moving however you want)	<b>Total Time</b> – 50mins <b>Session</b> – 25mins one way and 25mins back <b>Tempo</b> – Brisk Walking for 1 <sup>st</sup> and last 5 mins. Walk/Jog/Run at your pace for middle 40mins <b>With</b> – Family Member <b>Where</b> – Close to home	Rest Day	<b>Total Time</b> – 50mins <b>Session</b> – 25mins one way and 25mins back <b>Tempo</b> – Brisk Walking with Brisk Walking for 1 <sup>st</sup> and last 5 mins. Walk/Jog/Run at your pace for middle 40mins <b>With</b> – Bring a friend <b>Where</b> – Local Park / Beach	<b>Total Time</b> – 50mins <b>Session</b> – 25mins one way and 25mins back <b>Tempo</b> – Brisk Walking for 1 <sup>st</sup> and last 5 mins. Walk/Jog/Run at your pace for middle 40mins <b>With</b> – Family Member <b>Where</b> – Close to home	<i>We're almost race ready. Can you jog/run for the entire 40mins?</i>
Week 11	Mon, 15 Oct	Tue, 16 Oct	Wed, 17 Oct	Thu, 18 Oct	Fri, 19 Oct	Sat, 20 Oct	Sun, 21 Oct	
October	Rest Day	<b>Total Time</b> – 50mins <b>Session</b> – 25mins one way and 25mins back <b>Tempo</b> – Brisk Walking <b>With</b> – Work Colleague at lunch <b>Where</b> – Away from office and back	Do you day (get moving however you want)	<b>Total Time</b> – 50mins <b>Session</b> – 25mins one way and 25mins back <b>Tempo</b> – Brisk Walking for 1 <sup>st</sup> and last 5 mins. Walk/Jog/Run at your pace for middle 40mins <b>With</b> – Family Member <b>Where</b> – Close to home	Rest Day	<b>Total Time</b> – 50mins <b>Session</b> – 25mins one way and 25mins back <b>Tempo</b> – Brisk Walking with Brisk Walking for 1 <sup>st</sup> and last 5 mins. Walk/Jog/Run at your pace for middle 40mins <b>With</b> – Bring a friend <b>Where</b> – Local Park / Beach	<b>Total Time</b> – 50mins <b>Session</b> – 25mins one way and 25mins back <b>Tempo</b> – Brisk Walking for 1 <sup>st</sup> and last 5 mins. Walk/Jog/Run at your pace for middle 40mins <b>With</b> – Family Member <b>Where</b> – Close to home	<i>We're almost race ready. Can you jog/run for the entire 40mins?</i>
Week 12	Mon, 22 Oct	Tue, 23 Oct	Wed, 24 Oct	Thu, 25 Oct	Fri, 26 Oct	Sat, 27 Oct	Sun, 28 Oct	
October	Rest Day	<b>Total Time</b> – 30mins <b>Session</b> – 15mins one way and 15mins back <b>Tempo</b> – Brisk Walking <b>With</b> – Work Colleague at lunch <b>Where</b> – Away from office and back	Do you day (get moving however you want)	<b>Total Time</b> – 30mins <b>Session</b> – 15mins one way and 15mins back <b>Tempo</b> – Brisk Walking for 1 <sup>st</sup> and last 5 mins. Walk/Jog/Run at a good pace for middle 20mins <b>With</b> – Family Member <b>Where</b> – Close to home	Rest Day	Head out for an easy 20 minute walk with a friend to the local café	Race Day	<i>ENJOY</i>