

5km Training Plan

- To begin this Training Program you can start from nothing... its designed to have you running the 5k non stop by the end of this program
- Finish your session with 5-10 mins of foam rolling and stretching.

NOVEMBER | WEEK 1

MON	TUES	WED	THU	FRI	SAT	SUN
Rest Day	Walk 2mins / Run 3mins Total: 30mins M.A. Undulating	X-Training (try a class - Pilates, Yoga or strength)	Walk 2mins / Run 3mins Total: 30mins M.A. - Flat	Rest Day	Walk 2mins / Run 3mins Total: 30mins M.A. Undulating	Rest Day

NOVEMBER | WEEK 2

MON	TUES	WED	THU	FRI	SAT	SUN
Rest Day	Walk 2mins / Run 4mins Total: 36mins M.A. Undulating	X-Training	Walk 2mins / Run 4mins Total: 36mins M.A. - Flat	Rest Day	Walk 2mins / Run 4mins Total: 36mins M.A. Undulating	Rest Day

NOVEMBER | WEEK 3

MON	TUES	WED	THU	FRI	SAT	SUN
Rest Day	Walk 2mins / Run 5mins Total: 35mins M.A. Undulating	X-Training	Walk 2mins / Run 4mins Total: 36mins M.A. - Flat	Rest Day	40mins Walk with 3x2mins Run M.A. in the middle	Rest Day

NOVEMBER | WEEK 4

MON	TUES	WED	THU	FRI	SAT	SUN
Walk 40mins L.A.	Walk 2mins / Run 6mins Total: 40mins M.A. Undulating	X-Training	Walk 2mins / Run 6mins Total: 40mins M.A. - Flat	Rest Day	Walk 2mins / Run 6mins Total: 40mins M.A. Undulating	Rest Day

DECEMBER | WEEK 5

MON	TUES	WED	THU	FRI	SAT	SUN
Walk 40mins L.A. with 2x3mins Run M.A. in the middle	Walk 2mins / Run 6mins Total: 40mins M.A. Undulating	X-Training	Walk 2mins / Run 6mins Total: 40mins M.A. - Flat	Rest Day	Walk 2mins / Run 6mins Total: 40mins M.A. Undulating	Rest Day

DECEMBER | WEEK 6

MON	TUES	WED	THU	FRI	SAT	SUN
45mins Walk	Walk 2mins / Run 5mins Total: 35mins M.A. Undulating	X-Training	30mins Walk	Complete day off from exercise	40mins Walk with 3x2mins Run M.A. in the middle	Active Rest Day

DECEMBER | WEEK 7

MON	TUES	WED	THU	FRI	SAT	SUN
Walk 40mins L.A. with 5x3mins Run M.A. in the middle	Walk 2mins / Run 7mins Total: 45mins M.A. Undulating	X-Training	Walk 90sec / Run 7mins Total: 42mins M.A. - Flat	Rest Day	Walk 90sec / Run 7mins Total: 42mins M.A. Undulating	Active Rest Day

DECEMBER | WEEK 8

MON	TUES	WED	THU	FRI	SAT	SUN
Walk 40mins L.A. with 5x3mins Run M.A. in the middle	Walk 90sec / Run 7mins Total: 42mins M.A. Undulating	X-Training	Walk 1min / Run 7mins Total: 40mins M.A. - Flat	Rest Day	Walk 1min / Run 8mins Total: 45mins M.A. Undulating	Active Rest Day

JANUARY | WEEK 9

MON	TUES	WED	THU	FRI	SAT	SUN
Rest Day	Walk 1mins / Run 7mins Total: 40mins M.A. Undulating	X-Training	Walk 1min / Run 8mins Total: 40mins M.A. - Flat	Rest Day	Walk 1min / Run 8mins Total: 40mins M.A. Undulating	Active Rest Day

JANUARY | WEEK 10

MON	TUES	WED	THU	FRI	SAT	SUN
Walk 40mins L.A. with 5x3mins Run M.A. in the middle	Walk 1min / Run 8mins Total: 40mins M.A. Undulating	X-Training	Walk 1min / Run 8mins Total: 40mins M.A. - Flat	Rest Day	Walk 1mins / Run 10mins Total: 44mins M.A. Undulating	Active Rest Day

JANUARY | WEEK 11

MON	TUES	WED	THU	FRI	SAT	SUN
Walk 40mins L.A. with 5x3mins Run M.A. in the middle	Walk 1min / Run 10mins Total: 44mins M.A. Undulating	X-Training	Walk 1min / Run 10mins Total: 44mins M.A. - Flat	Rest Day	RUN 5KM Non-stop	Active Rest Day

JANUARY | WEEK 12

MON	TUES	WED	THU	FRI	SAT	SUN
Rest Day	Walk 1min / Run 10mins Total: 44mins M.A. Undulating	Rest Day	20mins L.A. Run	Rest Day	Rest day. Have an easy 15mins jog. Check that you have all your race gear ready for the morning, and then relax for the rest of the day.	NZ Avocado 5km

Lower Aerobic (L.A.) Breathing should be nice and even and you should be able to hold a conversation.

Mid Aerobic (M.A.) Breathing should still be even but your heart rate and breathing rate will have increased, you should still be able to talk.

