Aims	To run 5k!						
Beginner Programme: Morning							
	Mon	**Tues**	**Wed**	**Thurs**	**Fri**	**Sat**	**Sun**
Week 1	Strength Circuit Walk 3.5min Jog 30sec x7	Rest day	Strength Circuit Walk 3.5min Jog 30sec x7	Rest day	Rest day	Strength Circuit Walk 3.5min Jog 30sec x8	1hr Walk Easy
Turnaround time:	14 minutes		14 minutes			16 minutes	
Week 2	Strength Circuit Walk 3min Jog 1min x6	Rest day	Strength Circuit Walk 3min Jog 1min x6	Rest day	Rest day	Strength Circuit Walk 3min Jog 1min x8	1hr Walk Easy
Turnaround time:	12 minutes		12 minutes			16 minutes 30 seconds	
Week 3	Strength Circuit Walk 2min Jog 90sec x7	Rest day	Strength Circuit Walk 2min Jog 90sec x7	Rest day	Rest day	Strength Circuit Walk 2min Jog 2min x7	1hr Walk Easy
Turnaround time:	12 minutes 30 seconds		12 minutes 30 seconds			14 minutes	
Week 4	Condensed Strength Circuit Walk 2min Jog 3min x5	Rest day	Condensed Strength Circuit Walk 2min Jog 3min x5	Rest day	Rest day	Condensed Strength Circuit Walk 2min Jog 4min x5	1hr Walk Easy
Turnaround time:	13 minutes 30 seconds		13 minutes 30 seconds			15 minutes	
Week 5	Condensed Strength Circuit Walk 2min Jog 5min x4	Rest day	Condensed Strength Circuit Walk 2min Jog 5min x4	Rest day	Rest day	Condensed Strength Circuit Walk 2min Jog 5min x5	1hr Walk Easy
Turnaround time:	15 minutes 30 seconds		15 minutes 30 seconds			17 minutes 30 seconds	
Week 6	Condensed Strength Circuit Walk 1min Jog 7min x4	Rest day	Condensed Strength Circuit Walk 1min Jog 7min x4	Rest day	Rest day	Condensed Strength Circuit Walk 1min Jog 8min x4	1hr Walk Easy
Turnaround time:	17 minutes	34 minuts	17 minutes			18 minutes	
Week 7	Warm up 5mins Strength based Walk 1min Jog 9min x4	Rest day	Warm up 5mins Strength based Walk 1min Jog 9min x4	Rest day	Rest day	Warm up 5mins Strength based Walk 30sec Jog 11min x4	1hr Walk
Turnaround time:	20 minutes		20 minutes			25 minutes	
Week 8	Warm up 5mins Strength based Walk 15sec Jog 11min x4	Rest day	Warm up 5mins Strength based Walk 15sec Jog 12min x4	Rest day	Rest day	5km run!	Sleep in ;-)
Turnaround time:	23 minutes 30 seconds		24 minutes 30 seconds			Be proud of yourself	

Aims	To run 5k!						
Intermediate Programme: Morning							
	Mon	**Tues**	**Wed**	**Thurs**	**Fri**	**Sat**	**Sun**
Week 1	Strength Circuit	Rest day	Strength Circuit	Walk 30 min	Rest day	Strength Circuit	1h Walk
	Walk 2.5min Jog 90sec x 7		Walk 2.5min Jog 90sec x 7	Optional		Walk 2.5min Jog 90sec x 8	
Turnaround time:	14 minutes		14 minutes			16 minutes	
Week 2	Strength Circuit	Rest day	Strength Circuit	Walk 30 min	Rest day	Strength Circuit	1h Walk
	Walk 2min Jog 2min x6		Walk 2min Jog 2min x6	Optional		Walk 2min Jog 2min x8	
Turnaround time:	12 minutes		12 minutes			16 minutes 30 seconds	
Week 3	Strength Circuit	Rest day	Strength Circuit	Walk 30 min	Rest day	Strength Circuit	1h Walk
	Walk 1min Jog 3min x6		Walk 1min Jog 3min x6	Optional		Walk 1min Jog 3min x7	
Turnaround time:	12 minutes 30 seconds		12 minutes 30 seconds			14 minutes	
Week 4	Condensed Strength Circuit	Rest day	Condensed Strength Circuit	Walk 30 min	Rest day	Condensed Strength Circuit	1h Walk
	Walk 30sec Jog 4.5min x5		Walk 30sec Jog 4.5min x5	Optional		Walk 30sec Jog 4.5min x6	
Turnaround time:	13 minutes 30 seconds		13 minutes 30 seconds			15 minutes	
Week 5	Condensed Strength Circuit Walk 30sec Jog 6.5min x4	Rest day	Condensed Strength Circuit Walk 30sec Jog 6.5min x4	Walk 30 min	Rest day	Condensed Strength Circuit Walk 30sec Jog 6.5min x5	1h Walk
				Optional			
Turnaround time:	15 minutes 30 seconds		15 minutes 30 seconds			17 minutes 30 seconds	
Week 6	Condensed Strength Circuit Walk 30sec Jog 8min x4	Rest day	Condensed Strength Circuit Walk 30sec Jog 8min x4	Walk 30 min	Rest day	Condensed Strength Circuit Walk 30sec Jog 10min x3	1h Walk
				Optional			
Turnaround time:	17 minutes		17 minutes			18 minutes	
Week 7	Warm up 5mins Strength based Walk 15sec Jog 10min x4	Rest day	Warm up 5mins Strength based Walk 15sec Jog 10min x4	Walk 30 min	Rest day	Warm up 5mins Strength based Walk 30sec Jog 12.5min x4	1h Walk
				Optional			
Turnaround time:	20 minutes		20 minutes			25 minutes	
Week 8	Warm up 5mins Strength based Walk 15sec Jog 14.45min x3	Rest day	Warm up 5mins Strength based Walk 15sec Jog 16min x3	Walk 30min	Rest day	5k run!	Sleep in ;-)
				Optional			
Turnaround time:	23 minutes 30 seconds		24 minutes 30 seconds			Be proud of yourself	

Aims	To run 5k!						
Advanced Programme: Morning							
	Mon	**Tues**	**Wed**	**Thurs**	**Fri**	**Sat**	**Sun**
Week 1	Strength Circuit	Rest day	Strength Circuit	Walk 30m	Rest day	Strength Circuit	1hr Walk
	Walk 1min Jog 3min x7		Walk 1min Jog 3min x7	Optional		Walk 1min Jog 3min x8	
Turnaround time:	14 minutes		14 minutes			16 minutes	
Week 2	Strength Circuit	Rest day	Strength Circuit	Walk 30m	Rest day	Strength Circuit	1hr Walk
	Walk 30sec Jog 5.5min x4		Walk 30sec Jog 5.5min x4	Optional		Walk 30sec Jog 6min x 5	
Turnaround time:	12 minutes		12 minutes			16 minutes 30 seconds	
Week 3	Strength Circuit	Rest day	Strength Circuit	Walk 30m	Rest day	Strength Circuit	1hr Walk
	Walk 30sec Jog 7min x3		Walk 30sec Jog 7min x3	Optional		Walk 30sec Jog 7min x4	
Turnaround time:	12 minutes 30 seconds		12 minutes 30 seconds			14 minutes	
Week 4	Condensed Strength Circuit	Rest day	Condensed Strength Circuit	Walk 30m	Rest day	Condensed Strength Circuit	1hr Walk
	Walk 30sec Jog 8.5min x3		Walk 30sec Jog 8.5min x3	Optional		Walk 30sec Jog 9.5min x3	
Turnaround time:	13 minutes 30 seconds		13 minutes 30 seconds			15 minutes	
Week 5	Condensed Strength Circuit Walk 30sec Jog 10min x3	Rest day	Condensed Strength Circuit Walk 30sec Jog 10min x3	Walk 30m	Rest day	Condensed Strength Circuit Walk 30sec Jog 11min x3	1hr Walk
				Optional			
Turnaround time:	15 minutes 30 seconds		15 minutes 30 seconds			17 minutes 30 seconds	
Week 6	Condensed Strength Circuit Walk 1min Jog 16min x2	Rest day	Condensed Strength Circuit Walk 1min Jog 16min x2	Walk 30m	Rest day	Condensed Strength Circuit Walk 30sec Jog 17min x2	1hr Walk
				Optional			
Turnaround time:	17 minutes		17 minutes			18 minutes	
Week 7	Warm up 5mins Strength based Walk 30sec Jog 20min x2	Rest day	Warm up 5mins Strength based Walk 30sec Jog 20min x2	Walk 30m	Rest day	Warm up 5mins Strength based Walk 1min Jog 23min x2	1hr Walk
				Optional			
Turnaround time:	20 minutes		20 minutes			25 minutes	
Week 8	Warm up 5mins Strength based Walk 30sec Jog 23min x2	Rest day	Warm up 5mins Strength based Walk 15sec Jog 24min x2	Walk 30m	Rest day	5k run!	Sleep in ;-)
				Optional			
Turnaround time:	23 minutes 30 seconds		24 minutes 30 seconds			Be proud of yourself	

Aims	To improve your 5k and introduce pacing						

Return to Get up to Five: Morning

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1	Strength Circuit	Rest day	Strength Circuit	Walk 30min	Rest day	Strength Circuit	1h Walk
	Jog 21min, Walk 2min, then 5min faster		Jog 21min, Walk 2min, then 5min faster			Jog 15min Walk 1min x2	
Turnaround time:	14 minutes		14 minutes			16 minutes	
Week 2	Strength Circuit	Rest day	Strength Circuit	Walk 30min	Rest day	Strength Circuit	1h Walk
	Jog 16min, Walk 30sec, then 7.5min faster		Jog 16min, Walk 30sec, then 7.5min faster			5km	
Turnaround time:	12 minutes		12 minutes			Turn at 2.5km marker	
Week 3	Strength Circuit	Rest day	Strength Circuit	Walk 30min	Rest day	Strength Circuit	1h Walk
	Jog 16.5min then 8min faster		Jog 16.5min then 8min faster			6km	
Turnaround time:	12 minutes 30 seconds		12 minutes 30 seconds			Turn at 3km marker	
Week 4	Condensed Strength Circuit	Rest day	Condensed Strength Circuit	Walk 30min	Rest day	Condensed Strength Circuit	1h Walk
	Jog 17min, then 10min faster		Jog 17min, then 10min faster			Jog 45min	
Turnaround time:	13 minutes 30 seconds		13 minutes 30 seconds			22 minutes 30 seconds	
Week 5	Condensed Strength Circuit Jog 21.5min, then 10min faster	Rest day	Condensed Strength Circuit Jog 21.5min, then 10min faster	Walk 30min	Rest day	Condensed Strength Circuit 7km	1h Walk
Turnaround time:	15 minutes 30 seconds		15 minutes 30 seconds			Turn at 3.5km marker	
Week 6	Condensed Strength Circuit Jog 20min, then 10min faster, then 4 min as fast as possible	Rest day	Condensed Strength Circuit Jog 20min, then 10min faster, then 4 min as fast as possible	Walk 30min	Rest day	Condensed Strength Circuit Jog 50min	1h Walk
Turnaround time:	17 minutes		17 minutes			25 minutes	
Week 7	Warm up 5mins: Strength based Jog 20min, then 10min faster, then jog 6min, then 4mins as fast as possible	Rest day	Warm up 5mins: Strength based Jog 20min, then 10min faster, then jog 6min, then 4mins as fast as possible	Walk 30min	Rest day	8km	1h Walk
Turnaround time:	20 minutes		20 minutes			Turn at 4km marker	
Week 8	Warm up 5mins: Strength based Jog 25min, then 15min faster, then jog 7min	Rest day	Warm up 5mins: Strength based Jog 25min, then 15min faster, then jog 5min, then then 4min as fast as possible	Walk 30min	Rest day	5km	Sleep in ;-)
Turnaround time:	23 minutes 30 seconds		24 minutes 30 seconds			Be proud of yourself	