



Aims To run 5k!

Beginner Programme:

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1	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:	13mins 30secs		13mins 30secs			15mins	
Week 2	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:	15mins 30secs		15mins 30secs			17mins 30secs	
Week 3	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:	17mins		17mins			18mins	
Week 4	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:	20mins		20mins			25mins	
Week 5	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:	23mins 30secs		24mins 30secs				



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Intermediate Programme:

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1	Condensed Strength Circuit Walk 30sec Jog 4.5min x5	Rest day	Condensed Strength Circuit Walk 30sec Jog 4.5min x5	Walk 30 min Optional	Rest day	Condensed Strength Circuit Walk 30sec Jog 4.5min x6	1h Walk
Turnaround time:	13mins 30secs		13mins 30secs			15mins	
Week 2	Condensed Strength Circuit Walk 30sec Jog 6.5min x4	Rest day	Condensed Strength Circuit Walk 30sec Jog 6.5min x4	Walk 30 min Optional	Rest day	Condensed Strength Circuit Walk 30sec Jog 6.5min x5	1h Walk
Turnaround time:	15mins 30secs		15mins 30secs			17mins 30secs	
Week 3	Condensed Strength Circuit Walk 30sec Jog 8min x4	Rest day	Condensed Strength Circuit Walk 30sec Jog 8min x4	Walk 30 min Optional	Rest day	Condensed Strength Circuit Walk 30sec Jog 10min x3	1h Walk
Turnaround time:	17mins		17mins			18mins	
Week 4	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 Optional	Rest day	Warm up 5mins Strength based Walk 30sec Jog 12.5min x4	1h Walk
Turnaround time:	20mins		20mins			25mins	
Week 5	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 Optional	Rest day	5k run!	Sleep in ;-)
Turnaround time:	23mins 30secs		24mins 30secs			Be proud of yourself	



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Advanced Programme:

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1	Condensed Strength Circuit Walk 30sec Jog 8.5min x3	Rest day	Condensed Strength Circuit Walk 30sec Jog 8.5min x3	Walk 30m Optional	Rest day	Condensed Strength Circuit Walk 30sec Jog 9.5min x3	1hr Walk
Turnaround time:	13mins 30secs		13mins 30secs			15mins	
Week 2	Condensed Strength Circuit Walk 30sec Jog 10min x3	Rest day	Condensed Strength Circuit Walk 30sec Jog 10min x3	Walk 30m Optional	Rest day	Condensed Strength Circuit Walk 30sec Jog 11min x3	1hr Walk
Turnaround time:	15mins 30secs		15mins 30secs			17mins 30secs	
Week 3	Condensed Strength Circuit Walk 1min Jog 16min x2	Rest day	Condensed Strength Circuit Walk 1min Jog 16min x2	Walk 30m Optional	Rest day	Condensed Strength Circuit Walk 30sec Jog 17min x2	1hr Walk
Turnaround time:	17mins		17mins			18mins	
Week 4	Warm up 5mins Strength based Walk 30sec Jog 20min x2	Rest day	Warm up 5mins Strength based Walk 30sec Jog 20min x2	Walk 30m Optional	Rest day	Warm up 5mins Strength based Walk 1min Jog 23min x2	1hr Walk
Turnaround time:	20mins		20mins			25mins	
Week 5	Warm up 5mins Strength based Walk 30sec Jog 23min x2	Rest day	Warm up 5mins Strength based Walk 15sec Jog 24min x2	Walk 30m Optional	Rest day	5k run!	Sleep in ;-)
Turnaround time:	23mins 30secs		24mins 30secs			Be proud of yourself	



Get up to Five							
Aims	To improve your 5k and introduce pacing						
Return to Get up to Five:							
	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1	Condensed Strength Circuit Jog 17min, then 10min faster	Rest day	Condensed Strength Circuit Jog 17min, then 10min faster	Walk 30min	Rest day	Condensed Strength Circuit Jog 45min	1h Walk
Turnaround time:	13mins 30secs		13mins 30secs			Turn 22mins 30secs	
Week 2	Condensed Strength Circuit Jog 21.5min, then 10min faster	Rest day	Condensed Strength Circuit Jog 21.5min, then 10min faster	Walk 30min	Rest day	7km	1h Walk
Turnaround time:	15mins 30secs		15mins 30secs			Turn: 3.5km	
Week 3	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	Jog 50min	1h Walk
Turnaround time:	17mins		17mins			Turn: 25mins	
Week 4	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	Warm up 5mins: Strength based 8km	1h Walk
Turnaround time:	20mins		20mins			Turn: 4km	
Week 5	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:	23mins 30secs		24mins 30secs			Be proud of yourself	