



Aims To run 5k!

Beginner Programme: Morning

	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:	13 minutes 30 seconds		13 minutes 30 seconds			15 minutes	
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:	15 minutes 30 seconds		15 minutes 30 seconds			17 minutes 30 seconds	
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:	17 minutes	34 minuts	17 minutes			18 minutes	
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:	20 minutes		20 minutes			25 minutes	
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:	23 minutes 30 seconds		24 minutes 30 seconds				



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Intermediate Programme: Morning

	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:	13 minutes 30 seconds		13 minutes 30 seconds			15 minutes	
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:	15 minutes 30 seconds		15 minutes 30 seconds			17 minutes 30 seconds	
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:	17 minutes		17 minutes			18 minutes	
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:	20 minutes		20 minutes			25 minutes	
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	5km run!	Sleep in ;-)
Turnaround time:	23 minutes 30 seconds		24 minutes 30 seconds			Be proud of yourself	



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Advanced Programme: Morning

	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:	13 minutes 30 seconds		13 minutes 30 seconds			15 minutes	
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:	15 minutes 30 seconds		15 minutes 30 seconds			17 minutes 30 seconds	
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:	17 minutes		17 minutes			18 minutes	
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:	20 minutes		20 minutes			25 minutes	
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	5km run!	Sleep in ;-)
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	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:	13 minutes 30 seconds		13 minutes 30 seconds			22 minutes 30 seconds	
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:	15 minutes 30 seconds		15 minutes 30 seconds				
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:	17 minutes		17 minutes			25 minutes	
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	8km	1h Walk
Turnaround time:	20 minutes		20 minutes				
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:	23 minutes 30 seconds		24 minutes 30 seconds			Be proud of yourself	