



Aims		To run 5k!					
<b>Beginner Programme: Evening</b>							
	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>Week 1</b>	Rest day	Condensed Strength Circuit Walk 2min Jog 3min x5	Rest day	Condensed Strength Circuit Walk 2min Jog 3min x5	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	
<b>Week 2</b>	Rest day	Condensed Strength Circuit Walk 2min Jog 5min x4	Rest day	Condensed Strength Circuit Walk 2min Jog 5min x4	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	
<b>Week 3</b>	Rest day	Condensed Strength Circuit Walk 1min Jog 7min x4	Rest day	Condensed Strength Circuit Walk 1min Jog 7min x4	Rest day	Condensed Strength Circuit Walk 1min Jog 8min x4	1hr Walk Easy
Turnaround time:		17 minutes		17 minutes		18 minutes	
<b>Week 4</b>	Rest day	Warm up 5mins Strength based Walk 1min Jog 9min x4	Rest day	Warm up 5mins Strength based Walk 1min Jog 9min x4	Rest day	Warm up 5mins Strength based Walk 30sec Jog 11min x4	1hr Walk
Turnaround time:		20 minutes		20 minutes		25 minutes	
<b>Week 5</b>	Rest day	Warm up 5mins Strength based Walk 15sec Jog 11min x4	Rest day	Warm up 5mins Strength based Walk 15sec Jog 12min x4	Rest day	5km run!	Sleep in ;-)
Turnaround time:		23 minutes 30 seconds		24 minutes 30 seconds			



**Aims** To run 5k!

**Intermediate Programme: Evening**

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>Week 1</b>	Rest Day	Condensed Strength Circuit	Walk 30 min	Condensed Strength Circuit	Rest day	Condensed Strength Circuit	1h Walk
		Walk 30sec Jog 4.5min x5	Optional	Walk 30sec Jog 4.5min x5		Walk 30sec Jog 4.5min x6	
Turnaround time:		13 minutes 30 seconds		13 minutes 30 seconds		15 minutes	
<b>Week 2</b>	Rest Day	Condensed Strength Circuit	Walk 30 min	Condensed Strength Circuit	Rest day	Condensed Strength Circuit	1h Walk
		Walk 30sec Jog 6.5min x4	Optional	Walk 30sec Jog 6.5min x4		Walk 30sec Jog 6.5min x5	
Turnaround time:		15 minutes 30 seconds		15 minutes 30 seconds		17 minutes 30 seconds	
<b>Week 3</b>	Rest Day	Condensed Strength Circuit	Walk 30 min	Condensed Strength Circuit	Rest day	Condensed Strength Circuit	1h Walk
		Walk 30sec Jog 8min x4	Optional	Walk 30sec Jog 8min x4		Walk 30sec Jog 10min x3	
Turnaround time:		17 minutes		17 minutes		18 minutes	
<b>Week 4</b>	Rest Day	Warm up 5mins	Walk 30 min	Warm up 5mins	Rest day	Warm up 5mins	1h Walk
		Strength based	Optional	Strength based		Strength based	
		Walk 15sec Jog 10min x4		Walk 15sec Jog 10min x4		Walk 30sec Jog 12.5min x4	
Turnaround time:		20 minutes		20 minutes		25 minutes	
<b>Week 5</b>	Rest Day	Warm up 5mins	Walk 30 min	Warm up 5mins	Rest day	5km run!	Sleep in ;-)
		Strength based	Optional	Strength based			
		Walk 15sec Jog 14.45min x3		Walk 15sec Jog 16min x3			
Turnaround time:		23 minutes 30 seconds		24 minutes 30 seconds		Be proud of yourself	



Aims		To run 5k!					
<b>Advanced Programme: Evening</b>							
	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>Week 1</b>	Rest day	Condensed Strength Circuit Walk 30sec Jog 8.5min x3	Walk 30min Optional	Condensed Strength Circuit Walk 30sec Jog 8.5min x3	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	
<b>Week 2</b>	Rest day	Condensed Strength Circuit Walk 30sec Jog 10min x3	Walk 30min Optional	Condensed Strength Circuit Walk 30sec Jog 10min x3	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	
<b>Week 3</b>	Rest day	Condensed Strength Circuit Walk 1min Jog 16min x2	Walk 30min Optional	Condensed Strength Circuit Walk 1min Jog 16min x2	Rest day	Condensed Strength Circuit Walk 30sec Jog 17min x2	1hr Walk
Turnaround time:		17 minutes		17 minutes		18 minutes	
<b>Week 4</b>	Rest day	Warm up 5mins Strength based Walk 30sec Jog 20min x2	Walk 30min Optional	Warm up 5mins Strength based Walk 30sec Jog 20min x2	Rest day	Warm up 5mins Strength based Walk 1min Jog 23min x2	1hr Walk
Turnaround time:		20 minutes		20 minutes		25 minutes	
<b>Week 5</b>	Rest day	Warm up 5mins Strength based Walk 30sec Jog 23min x2	Walk 30min Optional	Warm up 5mins Strength based Walk 15sec Jog 24min x2	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: Evening**

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>Week 1</b>	Rest day	Condensed Strength Circuit Jog 17min, then 10min faster	Walk 30min	Condensed Strength Circuit Jog 17min, then 10min faster	Rest day	Condensed Strength Circuit Jog 45min	1h Walk
Turnaround time:		13 minutes 30 seconds		13 minutes 30 seconds		22 minutes 30 seconds	
<b>Week 2</b>	Rest day	Condensed Strength Circuit Jog 21.5min, then 10min faster	Walk 30min	Condensed Strength Circuit Jog 21.5min, then 10min faster	Rest day	7k	1h Walk
Turnaround time:		15 minutes 30 seconds		15 minutes 30 seconds			
<b>Week 3</b>	Rest day	Condensed Strength Circuit Jog 20min, then 10min faster, then 4 min as fast as possible	Walk 30min	Condensed Strength Circuit Jog 20min, then 10min faster, then 4 min as fast as possible	Rest day	Jog 50min	1h Walk
Turnaround time:		17 minutes		17 minutes		25 minutes	
<b>Week 4</b>	Rest day	Warm up 5mins: Strength based Jog 20min, then 10min faster, then jog 6min, then 4mins as fast as possible	Walk 30min	Warm up 5mins: Strength based Jog 20min, then 10min faster, then jog 6min, then 4 min as fast as possible	Rest day	8k	1h Walk
Turnaround time:		Core 20 minutes		20 minutes			
<b>Week 5</b>	Rest day	Warm up 5mins: Strength based Jog 25min, then 15min faster, then jog 7min	Walk 30min	Warm up 5mins: Strength based Jog 25min, then 15min faster, then jog 5min, then then 4min as fast as possible	Rest day	5km	Sleep in ;-)
Turnaround time:		23 minutes 30 seconds		24 minutes 30 seconds		Be proud of yourself	



### My Session Check List

Name							
Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1							
2							
3							
4							
5							
6							
7							
8						Final Run!!	