



5km Training Program

RaceInterface >>

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	Rest	Rest	15min walk	Rest	20min brisk walk	Rest	(Jog 30secs, walk 1min) x 6-10
Week 2	Rest	Rest	(Jog 30secs, walk 1 minute) x 6-8	Rest	(Jog 1min, walk 1min) x 6-8	Rest	(Jog 90secs, walk 1min) x 6-8
Week 3	Rest	Rest	(Jog 2mins, walk 2mins) x 6	Rest	(Jog 2mins, walk 2mins) x 8	Rest	(Jog 3mins, walk 2mins) x 5
Week 4	Rest	Rest	(Jog 3mins, walk 2mins) x 7	Rest	(Jog 3mins, walk 90secs) x 5	Rest	(Jog 4mins, walk 2mins) x 5
Week 5	Rest	Rest	(Jog 5mins, walk 3mins) x 4	Rest	(Jog 10mins, walk 5mins) x 5	Rest	(Jog 7mins, walk 3mins) x 4
Week 6	Rest	Rest	(Jog 7mins, walk 3mins) x 5	Rest	(Jog 10mins, walk 5mins) x 2	Rest	(Jog 10mins, walk 5mins) x 2
Week 7	Rest	Rest	(Jog 10mins, walk 2mins) x2	Rest	Jog 15mins, walk 5 mins, jog 10mins	Rest	Jog 20mins
Week 8	Rest	Rest	Jog 20mins	Rest	Jog 25mins	Rest	Green Mountain Forest Run 5km