



Five Week Beginner 5km Program

WEEK ONE – September 28		
Day	Set AM	Set PM
Mon	Run/Walk Set- 20mins 2 sets of 5min easy jog + 5min power walk	OFF
Tue	OFF	OFF
Wed	OFF	Run/Walk Set- 20mins 5mins power walk + 10 sets of 30sec accelerating speed + 30sec easy jog + 5mins power walk
Thur	OFF	OFF
Fri	Run/Walk Set- 30mins 3 sets of 5min easy jog + 5min power walk	OFF
Sat	Run/Walk Set- 20mins 4 sets of 3min easy jog + 2min power walk	OFF
Sun	OFF	OFF

WEEK TWO – October 5		
Day	Set AM	Set PM
Mon	Run/Walk Set- 30mins 2 sets of 10min easy jog + 5min power walk	OFF
Tue	20mins easy swim/row/ride/power walk	OFF
Wed	OFF	Run/Walk Set- 30mins 5min power walk + 5min easy jog + 10 sets of 30sec accelerating speed + 30sec easy jog + 5min power walk + 5min easy jog
Thur	OFF	OFF
Fri	Run/Walk Set- 40mins 2 sets of 10min power walk + 10min easy jog	OFF
Sat	Run/Walk Set- 30mins 10min power walk + 20min easy jog no stopping	OFF
Sun	OFF	OFF

WEEK THREE – October 12

Day	Set AM	Set PM
Mon	Run Set- 30mins 10mins easy jog 10 sets of 45sec accelerating speed + 45sec easy jog + 5mins power walk	OFF
Tue	20mins easy swim/row/ride/power walk	OFF
Wed	OFF	OFF
Thur	OFF	Run Set- 30mins: 30mins easy jog no stopping
Fri	30mins easy swim/row/ride/power walk	OFF
Sat	Run Set- 5km 1km easy jog + 3km steady jog at 80% + 1km easy power walk	OFF
Sun	Run Set- 30mins: 30mins easy jog no stopping	OFF

WEEK FOUR – October 19

Day	Set AM	Set PM
Mon	OFF	OFF
Tue	Run Set- 30mins: 30mins easy jog no stopping	OFF
Wed	30mins easy swim/row/ride/power walk	OFF
Thur	OFF	Run Set- 30mins: 10mins easy jog + 3 sets of 2min accelerating speed + 3min easy jog + 5mins easy jog
Fri	OFF	OFF
Sat	Run Set- 6km 1km easy jog + 4 sets of 600m hard run at 80-85% + 400m easy jog 1km easy power walk	OFF
Sun	Run Set- 40mins 10min power walk + 20min steady jog at 80% + 10mins power walk	OFF

WEEK FIVE – October 26

Day	Set AM	Set PM
Mon	OFF	30mins easy swim/row/ride/power walk
Tue	Run Set- 7km 1km easy jog + 5km steady jog at 80% + 1km easy power walk	OFF
Wed	OFF	30mins easy swim/row/ride/power walk
Thur	OFF	Run Set- 30mins: 30min easy jog
Fri	OFF	OFF
Sat	Race Prep Run Set- 20mins: 5min easy jog + 10 sets of 30sec accelerating speed + 30sec easy jog 5min easy jog	OFF
Sun	Lara Fun Run- 5km Warm up with a 10min easy jog and include 5 short sprints (50m) accelerating speed with jog back recovery Cool down with a 5min easy walk	OFF