

River Run 5km Beginner Training Program

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 from 4 th January	Rest	10mins of 1min run 1 min walk	Rest	10mins of 1min run 1 min walk	Rest	15min walk	10mins of 2min run 2 min walk
2 from 11 th January	Rest	20mins of 2mins run 2 mins walk	Rest	20mins of 2mins run 2 mins walk	Rest	20mins walk	20mins of 4mins run 4 mins walk
3 from 18 th January	Rest	25mins of 5mins run 5 mins walk	Rest	24mins of 4mins run 4mins walk	Rest	20mins walk	15 mins run Try without stopping!
4 from 25 th January	Rest	30mins of 6mins run 6 mins walk	Rest	30mins of 5mins run 5 mins walk	Rest	25mins walk	20mins run
5 from 1 st February	Rest	35mins of 7mins run 7mins walk	Rest	35mins of 5mins run 5 Mins walk	Rest	30 min walk	20mins run
6 from 8 th February	Rest	30mins of 6 mins run 6mins walk	Rest	20mins of 2mins run 2 mins walk	Rest	25 min walk	15min run
7 Race week!	Rest	10mins of 1min run 1 min walk	Rest	6mins of 30seconds run 30seconds walk	15mins easy run	Rest	Relax and enjoy the run!

Don't forget to do some stretches, dynamic before a session and static after.

Hope you enjoy the program and looking forward to seeing you at the **River Run**