

WEEK 6 Introductory Walking

Mon	1	Walk 30 minutes	Easy walk to begin
Tue	2		
Wed	3	Walk 40 minutes	Easy walk to begin
Thu	4		
Fri	5	Walk 50 minutes	Easy walk to begin
Sat	6		
Sun	7	Walk 5km	Easy walk with specified distance



WEEK 5 Introductory Running

Mon	8	Walk/Run 5km total with 5 easy runs of 60 seconds followed by a short easy walk
Tue	9	
Wed	10	Walk/Run 5km total with 10 easy runs of 60 seconds followed by a short easy walk
Thu	11	
Fri	12	Walk/Run 5km total with 15 easy runs of 60 seconds followed by a short easy walk
Sat	13	
Sun	14	Walk 8km

WEEK 4 Walking Reduction

Mon	15	Walk/Run 5km total with 6 easy runs of 2 minutes followed by a minimal recovery walk
Tue	16	
Wed	17	Walk/Run 5km total with 6 easy runs of 3 minutes followed by a minimal recovery walk
Thu	18	
Fri	19	Walk/Run 5km total with 6 easy runs of 4 minutes followed by a minimal recovery walk
Sat	20	
Sun	21	Walk 10km

WEEK 3 Walking Reduction

Mon	22	Walk/Run 5km total with 4 easy runs of 6 minutes followed by a minimal recovery walk
Tue	23	
Wed	24	Walk/Run 5km total with 5 easy runs of 6 minutes followed by a minimal recovery walk
Thu	25	
Fri	26	Walk/Run 5km total with 6 easy runs of 6 minutes followed by a minimal recovery walk
Sat	27	
Sun	28	Walk 10km

WEEK 2 Running Extension

Mon	29	Walk/Run 5km total with 4 easy runs of 8 minutes followed by a minimal recovery walk
Tue	30	
Wed	31	Walk/Run 5km total with 3 easy runs of 10 minutes followed by a minimal recovery walk
Thu	32	
Fri	33	Walk/Run 5km total with 2 easy runs of 15 minutes followed by a minimal recovery walk



intraining

running and triathlon club

Sat **34**
Sun **35** Walk 10km

WEEK **1** Running Extension

Mon **36** Walk/Run 5km total with 2 easy runs of 16 minutes followed by a minimal recovery walk
Tue **37**
Wed **38** Walk/Run 5km total with 2 easy runs of 17 minutes followed by a minimal recovery walk
Thu **39**
Fri **40** Walk/Run 5km total with 2 easy runs of 18 minutes followed by a minimal recovery walk
Sat **41**
Sun **42** Run 5km non stop CONGRATULATIONS You are now a Runner!

5km run at 7 min /km equals 35 minutes

5km run at 7:30 min /km equals 37:30 minutes

5km run at 8 min /km equals 40 minutes