

# Training Plan



**Week 1** 10 min walk/jog e.g 30sec jog / 30 sec walk (repeat)

**Week 2** 12 min walk/jog e.g 1min jog/ 1min walk (repeat)

**Week 3** 14 min walk/jog e.g 2min jog/ 2min walk (repeat)

**Week 4** 15 min walk/jog e.g 3 min jog/ 2 min walk (repeat)

**Week 5** 18 min walk/jog e.g 4 min jog/ 3 min walk (repeat)

**Week 6** 18 min walk/jog - aim for 5 min jog continuous then walk/jog the remaining time.

**Week 7** 20 min walk/jog - aim for 6 min jog continuous then walk/jog the remaining time.

**Week 8** 20 min walk/jog - aim for 7 min jog continuous then walk/jog the remaining time.

**Week 9** 20 min walk/jog - aim for 8 min jog continuous then walk/jog the remaining time.

**Week 10** 22 min walk/jog - aim for 10 min jog continuous then walk/jog the remaining time.

**Week 11** 24 min walk/jog - aim for 12 min jog continuous then walk/jog the remaining time.

**Week 12** 26 min walk/jog - aim for 14 min jog continuous then walk/jog the remaining time.

**Week 13** 28 min walk/jog - aim for 16 min jog continuous then walk/jog the remaining time.

**Week 14** 30 min walk/jog - aim for 18 min jog continuous then walk/jog the remaining time.

**Week 15** 35 min walk/jog - aim for 20 min jog continuous then walk/jog the remaining time.

**Week 16** 35 min walk/jog - aim for 23 min jog continuous then walk/jog the remaining time.

**Week 17** 37 min walk/jog - aim for 26 min jog continuous then walk/jog the remaining time.

**Week 18** 39 min walk/jog - aim for 29 min jog continuous then walk/jog the remaining time.

**Week 19** 40 min walk/jog - aim for 30 min jog continuous then walk/jog the remaining time.

**Week 20** 45 min walk/jog - aim for 35 min jog continuous then walk/jog the remaining time.

**It's party time! You've done a 5km run!**

# JUST RUN!

Run for fitness

Run for fun

Run for charity