

CALCUTTA RUN BEGINNER'S 5K RUN TRAINING PROGRAMME

ICONIC
HEALTH CLUBS
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Week 1

Day 1 Walk 30 secs, Run 30 secs x 15 times
Day 2 Run / Walk 10 minutes (freestyle)
Day 3 Walk 5km (time how long it takes)

Week 2

Day 1 Walk 45 secs, Run 45 secs x 12 times
Day 2 Run / Walk 15 minutes (freestyle)
Day 3 Walk 5km (aim to beat last weeks time)

Week 3

Day 1 Walk 45 secs, Run 45 secs x 10 times
Day 2 Run / Walk 20 minutes (freestyle)
Day 3 Run 1K, Walk 4km

Week 4

Day 1 Walk 90 secs, Run 90 secs x 8 times
Day 2 Run / Walk 25 minutes (freestyle)
Day 3 Run 1km, Walk 4km (aim to beat last weeks time)

Week 5

Day 1 Walk 2 mins, Run 2 mins x 6 times
Day 2 Run / Walk 30 minutes (freestyle)
Day 3 Run 2km, Walk 3km

Week 6

Day 1 Walk 2 mins, Run 3 mins x 5 times
Day 2 Run / Walk 35 minutes (freestyle)
Day 3 Run 3km, Walk 2km

Week 7

Day 1 Walk 2 mins, Run 5 mins x 4 times
Day 2 Run / Walk 40 minutes (freestyle)
Day 3 Run 4km, Walk 1km (time yourself)

Week 8

Day 1 Walk 60 secs, Run 10 mins x 3 times
Day 2 Run / Walk 45 minutes (freestyle)
Day 3 Run 4km, Walk 1km (aim to beat last weeks time)

REST A FEW DAYS BEFORE THE RUN! GOOD LUCK!