## **5k training: Novice**

Week 1

|  |  |
| --- | --- |
| **Monday** | **Rest or walk** |
| **Tuesday** | 2 ½ kilometre run |
| **Wednesday** | **Rest or walk** |
| **Thursday** | 2 ½ kilometre run |
| **Friday** | **Rest** |
| **Saturday** | 2 ½ kilometre run |
| **Sunday** | 30 – 60 min walk |

Week 2

|  |  |
| --- | --- |
| **Monday** | **Rest or walk** |
| **Tuesday** | 3 kilometre run |
| **Wednesday** | **Rest or walk** |
| **Thursday** | 2 ½ kilometre run |
| **Friday** | **Rest** |
| **Saturday** | 3 kilometre run |
| **Sunday** | 35 -60 min walk |

Week 3

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| --- | --- |
| **Monday** | **Rest or walk** |
| **Tuesday** | 3 ½ kilometre run |
| **Wednesday** | **Rest or walk** |
| **Thursday** | 2 ½ kilometre run |
| **Friday** | **Rest** |
| **Saturday** | 3 ½ kilometre run |
| **Sunday** | 40 – 60 min walk |

Week 4

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| --- | --- |
| **Monday** | **Rest or walk** |
| **Tuesday** | 3 ½ kilometre run |
| **Wednesday** | **Rest or walk** |
| **Thursday** | 2 ½ kilometre run |
| **Friday** | **Rest** |
| **Saturday** | 3 ½ kilometre run |
| **Sunday** | 45 – 60 min run |

Week 5

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| --- | --- |
| **Monday** | **Rest or walk** |
| **Tuesday** | 4 kilometre run |
| **Wednesday** | **Rest or walk** |
| **Thursday** | 3 ½ kilometre run |
| **Friday** | **Rest** |
| **Saturday** | 4 kilometre run |
| **Sunday** | 50 – 60 metre walk |

Week 6

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| --- | --- |
| **Monday** | **Rest or walk** |
| **Tuesday** | 4 ½ kilometre run |
| **Wednesday** | **Rest or walk** |
| **Thursday** | 3 ½ kilometre run |
| **Friday** | **Rest** |
| **Saturday** | 4 ½ kilometre run |
| **Sunday** | 55 -60 min walk |

Week 7

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| --- | --- |
| **Monday** | **Rest or walk** |
| **Tuesday** | 5 kilometre run |
| **Wednesday** | **Rest or walk** |
| **Thursday** | 3 ½ kilometre run |
| **Friday** | **Rest** |
| **Saturday** | 5 kilometre run |
| **Sunday** | 60 min walk |

Week 8

|  |  |
| --- | --- |
| **Monday** | **Rest or walk** |
| **Tuesday** | 5 kilometre run |
| **Wednesday** | **Rest or walk** |
| **Thursday** | 3 ½ kilometre run |
| **Friday** | **Rest** |
| **Saturday** | One day rest, one day 5k race ( you pick day for race/rest) |
| **Sunday** |

**Note:**

* **important to stretch and cool down everyday**