

WEEK 1

day	routine	reps	time duration
1	1 min run : 1 min walk	x 10	20 min
2	Rest		
3	1.5 min run : 2 min walk	x 6	21 min
4	Rest		
5	2 min run : 2 min walk	x 6	24 min
6	2 min run : 2 min walk	x 6	24 min
7	Rest		

WEEK 2

day	routine	reps	time duration
1	2.5 min run : 1.5 min walk	x 6	24 min
2	Rest		
3	2.5 min run : 1.5 min walk	x 6	24 min
4	Rest		
5	3 min run : 2 min walk	x 5	25 min
6	3 min run : 2 min walk	x 5	25 min
7	Rest		

WEEK 3

day	routine	reps	time duration
1	3.5 min run : 1.5 min walk	x 5	25 min
2	Rest		
3	3.5 min run : 1.5 min walk	x 5	25 min
4	Rest		
5	4 min run : 1 min walk	x 5	25 min
6	4 min run : 1 min walk	x 5	25 min
7	Rest		

WEEK 4

day	routine	reps	time duration
1	5 min run : 1 min walk	x 5	30 min
2	Rest		
3	5 min run : 1 min walk	x 5	30 min
4	Rest		
5	6 min run : 1 min walk	x 5	35 min
6	7 min run : 1 min walk	x 4	32 min
7	Rest		

WEEK 5

day	routine	reps	time duration
1	8 min run : 1 min walk	x 4	36 min
2	Rest		
3	10 min run : 1 min walk	x 3	33 min
4	12 min run : 1 min walk	x 3	39 min
5	Rest		
6	Run 5km trial		timed
7	Rest		

WEEK 6

day	routine	reps	time duration
1	12 min run : 1 min walk	x 3	39 min
2	Rest		
3	15 min run : 1 min walk	x 2	32 min
4	18 min run : 1 min walk	x 2	38 min
5	Rest		
6	Rest		
7	Run 5km trial		timed

- **Before your session**, complete a 2-minute fast walk, followed by stretching your hamstrings and calves.
- **After your session**, stretch your hamstrings, calves, quads and glutes
- Select flat terrain on which to train, if possible
- Buddy up with a friend
- If you choose to walk quickly rather than to run, you may wish to reduce your distance to 3 or 4 km