

Training plan 10 weeks - 5k

Do it for yourself, you'll feel great, you deserve it.

You only need 25 – 30 mins, 3 days a week.

Week	Training	Training	Training
1	5 min warm up walk, for 20 mins alternate, jog 1 min, walk 1 min,	5 min walk, 20 mins alternate walk & jog, 1 min each	5 min walk, 20 mins alternate walk & jog, 1 min each
2	5 min warm up walk, for 20 mins alternate, jog 2 min, walk 2 min,	5 min walk, 20 mins alternate walk & jog, 2 min each	5 min walk, 20 mins alternate walk & jog, 2 min each
3	5 min warm up walk, 20 mins alternate, jog 4 min, walk 3 min	5 min walk, 20 mins alternate jog 4 min, walk 3 min	5 min walk, 20 mins alternate jog 4 min, walk 3 min
4	5 min warm up walk, for 20 mins alternate, jog 5 min, walk 2 min	5 min walk, for 20 mins alternate, jog 5 min, walk 2 min	5 min walk, for 20 mins alternate, jog 5 min, walk 2 min
5	5 min walk, for 20 mins alternate, jog 8 min, walk 2 min	5 min walk, for 20 mins alternate, jog 8 min, walk 2 min,	5 min walk, for 20 mins alternate, jog 8 min, walk 2 min
6	5 min walk, jog 10 min, walk 2 min (x2)	5 min walk, jog 10 min, walk 2 min (x2)	5 min walk, jog 10 min, walk 2 min (x2)
7	5 min walk, jog 15 min, walk 1 min (x2)	5 min walk, jog 15 min, walk 1 min (x2)	5 min walk, jog 15 min, walk 1 min (x2)
8	5 min walk, 20 mins jog	5 min walk, 20 mins jog	5 min walk, 20 mins jog, 5 mins walk
9	5 min walk, 25 mins jog	5 min walk, 25 mins jog	5 min walk, 25 mins jog
10	5 min walk, 30 mins jog	5 min walk, 30 mins jog	5 min walk, 30 mins jog
Women Run Strong 5km event	5 min walk, 20 mins jog, 5 mins walk	REST	EVENT DAY / well done you made it. Enjoy yourself, you deserve it