



Training Plan – 5k Run

Key LSD Long Steady Distance
 REST Day Off

WEEK	MONDAY	TUES	WEDS	THUR	FRIDAY	SATURDAY	SUNDAY
1	5 min walk 6 min jog 5 min walk	4 min jog 5 min walk 4 min jog 5 min walk	REST	5 min walk 7 min jog 5 min walk	REST	5min Jog & Stretching	LSD Session 25mins Walk/Jog
2	5 min walk 7 min jog 6 min walk	5 min walk 8 min jog 5 min walk	REST	5 min walk 9 min jog 5 min walk	REST	7min Jog & Stretching	LSD Session 28mins Walk/Jog
3	5 min walk 10 min jog 6 min walk	6 min jog 5 min walk 6 min jog 5 min walk	REST	5 min walk 10 min jog 5 min walk	REST	10min Jog & Stretching	LSD Session 30mins Walk/Jog
4	5 min walk 12 min jog 6 min walk	13 min jog 5 min walk	REST	15 min jog 5 min walk	REST	12min Jog & Stretching	LSD Session 32mins Walk/Jog
5	4 min walk 15 min jog 5 min walk	8 min jog 5 min walk 8 min jog 5 min walk	REST	16 min jog 5 min walk	REST	15min Jog & Stretching	LSD Session 35mins Walk/Jog



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WEEK	MONDAY	TUES	WEDS	THUR	FRIDAY	SATURDAY	SUNDAY
6	2 min walk 18 min jog 4 min walk	18 min jog 5 min walk	REST	20 min jog 5 min walk	REST	15min Jog & Stretching	LSD Session 38mins Walk/Jog
7	20 min jog 4min walk 2min jog	12 min jog 5 min walk 12 min jog	REST	24 min jog	REST	15min Jog & Stretching	LSD Session 40mins Walk/Jog
8	27 min jog	25 min jog	REST	20 min jog	REST	10mins Jog & Stretching	Race Day!