



Now is the time to train!

Shepparton News 5km Fun Run Beginner Training Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 7/5/18 - 13/5/18	Rest Day	30 Minute Walk	Rest Day	30 Minute Walk	Rest Day	30 Minute Walk	Rest Day
2 14/5/18 - 20/5/18	Rest Day	30 Minute Walk	Rest Day	35 Minute Walk	Rest Day	30 Minute Walk	Rest Day
3 21/5/18 - 27/5/18	Rest Day	35 Minute Walk	Rest Day	30 Minute Walk	Rest Day	35 Minute Walk	Rest Day
4 28/5/18 - 3/6/18	Rest Day	40 Minute Walk	Rest Day	35 Minute Walk	Rest Day	40 Minute Walk	Rest Day
5 4/6/18 - 10/6/18	Rest Day	3 Minutes Walk into 30 Seconds Jog for 30 Minutes	Rest Day	40 Minute Walk	Rest Day	3 Minutes Walk into 30 Seconds Jog for 30 Minutes	Rest Day
6 11/6/18 - 17/6/18	Rest Day	2 Minutes 30 Walk into 30 Seconds Jog for 30 Minutes	Rest Day	40 Minute Walk	Rest Day	2 Minutes 30 Walk into 30 Seconds Jog for 30 Minutes	Rest Day
7 18/6/18 - 24/6/18	Rest Day	2 Minutes Walk into 30 Seconds Jog for 30 Minutes	Rest Day	40 Minute Walk	Rest Day	2 Minutes Walk into 30 Seconds Jog	Rest Day
8 25/6/18 - 1/7/18	1 Minute Running Into 1 Minute Walking for 30 Minutes	Rest Day	40 Minute Walk	Rest Day	1 Minute Running into 1 Minute Walking for 30 Minutes	Rest Day	40 Minute Walk

*The programs should only be used as a guide and for best results you should have any program matched specifically to your current fitness level, time availability and injury history



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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9 2/7/18 - 8/7/18	Rest Day	3 Minutes Running into 2 Minutes Walking for 30 Minutes	Rest Day	45 Minute Walk	Rest Day	3 Minutes Running into 2 Minutes Walking	Rest Day
10 9/7/18 - 15/7/18	Minutes Running into 2 Minutes Walking for 30 Minutes	Rest Day	40 Minute Walk	Rest Day	4 Minutes Running into 2 Minutes Walking for 30 Minutes	Rest Day	Walking
11 16/7/18 - 22/7/18	Rest Day	5 Minutes Running into 2 Minutes Walking for 35 Minutes	Rest Day	50 Minute Walk	Rest Day	5 Minutes Running into 2 Minutes Walking for 35 Minutes	Rest Day
12 23/7/18 - 29/7/18	6 Minutes Walking into 2 Minutes Running for 32 Minutes	Rest Day	40 Minute Walk	Rest Day	6 Minutes Walking into 2 Minutes Running for 32 Minutes	Rest Day	40 Minute Walk
13 30/7/18 - 5/8/18	Rest Day	8 Minutes Running into 2 Minutes Walking for 30 Minutes	Rest Day	8 Minutes Running into 2 Minutes Walking for 30 Minutes	Rest Day	8 Minutes Walking into 2 Minutes Running for 30 Minutes	Rest Day
14 6/8/18 - 12/8/18	10 Minutes Walking into 2 Minutes Running for 36 Minutes	Rest Day	45 Minutes Walking	Rest Day	10 Minutes Running into 2 Minutes Walking for 36 Minutes	Rest Day	45 Minutes Walking
15 13/8/18 - 19/8/18	Rest Day	12 Minutes Running into 2 Minutes Walking for 42 Minutes	Rest Day	60 Minute Walking	Rest Day	10 Minutes Running into 2 Minutes Walking for 36 Minutes	Rest Day
16 20/8/18 - 26/8/18	6 Minutes Running into 2 Minutes Walking for 32 Minutes	Rest Day	3 Minutes Running into 2 Minutes Walking for 30 Minutes	Rest Day	30 Minutes Walking	Rest Day	Shepparton Running Festival 5km Run

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