



# Now is the time to train!

## Shepparton News 5km Fun Run Beginner Training Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b> 6/5/19 - 12/5/19	Rest Day	30 Minute Walk	Rest Day	30 Minute Walk	Rest Day	30 Minute Walk	Rest Day
<b>2</b> 13/5/19 - 19/5/19	Rest Day	30 Minute Walk	Rest Day	35 Minute Walk	Rest Day	30 Minute Walk	Rest Day
<b>3</b> 20/5/19 - 26/5/19	Rest Day	35 Minute Walk	Rest Day	30 Minute Walk	Rest Day	35 Minute Walk	Rest Day
<b>4</b> 27/5/19 - 2/6/19	Rest Day	40 Minute Walk	Rest Day	35 Minute Walk	Rest Day	40 Minute Walk	Rest Day
<b>5</b> 3/6/19 - 9/6/19	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
<b>6</b> 10/6/19 - 16/6/19	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
<b>7</b> 17/6/19 - 23/6/19	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
<b>8</b> 24/6/19 - 30/6/19	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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<b>9</b> 1/7/19 - 7/7/19	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
<b>10</b> 8/7/19 - 14/7/19	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
<b>11</b> 15/7/19 - 21/7/19	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
<b>12</b> 22/7/19 - 28/7/19	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
<b>13</b> 29/7/19 - 4/8/19	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
<b>14</b> 5/8/19 - 11/8/19	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
<b>15</b> 12/8/19 - 18/8/19	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
<b>16</b> 19/8/19 - 25/8/19	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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