

# 5km in 6 weeks



Whether your goal is to run 5km or to improve your pace, this 6 weeks schedule will help you reach your goal and make you ready for the Women's 5km run! The **white** rows are for beginners and the **pink** for intermediate runners. **Every step you take is one closer to a healthier you - and remember to have fun!**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 1</b>	Rest	Run 1 min Walk 1 min Repeat 10x	Rest	Run 2 mins Walk 4 mins Repeat 5x	Rest	Rest	Run 2 mins Walk 4 mins Repeat 5x
<b>Week 2</b>	Rest	20-25 mins easy run	Rest	10 mins easy run 4x 1 min brisk run with 2 mins jog recoveries Then 10 mins easy run	Rest	20 mins easy run	30 mins easy run
	Rest	Run 3 mins Walk 3 mins Repeat 4x	Rest	Run 3 mins Walk 3 mins Repeat 4x	Rest	Rest	Run 5 mins Walk 3 mins Repeat 3x
	Rest	20-25 mins easy run	Rest	10 mins easy run 5x 90 secs brisk run with 2.5 min jog recoveries Then 10 mins easy run	Rest	20 mins easy run	35 mins easy run
<b>Week 3</b>	Rest	Run 7 mins, Walk 2 mins Repeat 3x	Rest	Run 8 mins, walk 2 mins Repeat 3x	Rest	Rest	Run 8 mins Walk 2 mins Repeat 3x
	Rest	25-30 mins easy run	Rest	10 mins easy 20 mins fartlek	Rest	25 mins easy run	40 mins easy run
<b>Week 4</b>	Rest	Run 8 mins Walk 2 mins Repeat 3x	Rest	Run 10 mins, walk 2 mins Repeat 2x then run for 5 mins	Rest	Rest	Run 8 mins Walk 2 mins Repeat 3x
	Rest	10 mins easy Stretch 1 measured mile, timed & fast. Then 10 min easy run	Rest	10 mins easy Then 20 mins fartlek Then 10 mins easy	Rest	20 mins easy run	45 mins easy run
<b>Week 5</b>	Rest	Run 9 mins Walk 1 min Repeat 3x	Rest	Run 12 mins, walk 2 mins Repeat 2x Run for 5 mins	Rest	Rest	Run 8 mins Walk 2 mins Repeat 3x
	Rest	25-30 mins easy run	Rest	10 mins easy, then 3x3 mins brisk with 3 mins jog recoveries, then 10 mins easy run	Rest	25 mins easy run	35 mins easy run
<b>Week 6</b>	Rest	Run 15 mins Walk 1 min Repeat 2x	Rest	Run 8 mins, walk 2 mins Repeat 3x	Rest	Rest	
	Rest	25 mins easy run with 6x 20-40 seconds faster-paced running	Rest	20-25 mins easy run	Rest		

**Fartlek:** periods of fast running intermixed with periods of slower running.