



## 5km Fun Run: 7-week training program

This training program is designed to get you running 5km in less than two months, and suits people with lower levels of endurance fitness.

Week/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b>	1 min run, 1 min walk. Repeat 12 times	Rest	1 min run, 1 min walk. Repeat 12 times	Rest	Cross training: 24 mins	Rest	20 min walk
<b>2</b>	2 min run, 1 min walk. Repeat 10 times	Rest	Cross training: 30 mins	Rest	2 min run, 1 min walk. Repeat 10 times	Rest	20 min walk
<b>3</b>	3 min run, 1 min walk. Repeat 8 times	Rest	3 min run, 1 min walk. Repeat 8 times	Rest	Cross training: 32 mins	Rest	30 min walk
<b>4</b>	5 min run, 1 min walk. Repeat 6 times	Rest	Cross training: 36 mins	Rest	5 mins run, 1 min walk. Repeat six times.	Rest	30 min walk
<b>5</b>	8 min run, 1 min walk. Repeat 4 times	Rest	2.5km run, 1 min walk. Repeat.	Rest	Cross training: 36 mins	Rest	40 min walk
<b>6</b>	9 min run, 1 min walk. Repeat 4 times	Rest	Cross training: 40 mins	Rest	12 min run, 1 min walk. Repeat 3 times	Rest	40 min walk
<b>7</b>	15 min run, 1 min walk. Repeat.	Rest	Cross training: 20mins	Rest	15 min run, 5 min walk.	Rest	5km run

This training program is a guide only and should be tailored according to your specific needs and fitness level. Consult your health professional before commencing any fitness program.