

Run your first 5km

WEEK 4 TRAINING PLAN



By 'Runuary' coach Irene Clark

Mileage: 10-12 km per week (4 days a week)

Training overview:

This programme is a suggestion and should be adapted to suit your work and home life and the days that suit you. You should always do some gentle warm-up exercises beforehand and some stretching exercises to warm-down afterwards.

A guide to the terms in this plan

- **Walk:** Brisk walking pace (faster than walking to the shop)
- **Jog:** Gentle running (able to chat easily throughout)
- **Walk/Jog:** Periods of walking followed by periods of jogging (vary times and number of walks and jogs depending on target time/distance)



Week of
January 24th

WEEK 4 - 5KM CHALLENGE TRAINING PLAN

DAY 1	DAY 2	DAY 3	DAY 4
3.5km - walk/jog	3.5km - jog/run	Rest	5km - run



Tips for your first 5km on race day - 31 January

Complete your 5km Run

(you can do this over the weekend of 29th and 30th January if easier)



Submit your time on January

31st on the portal – it will be emailed to you on Friday January 28th



Please note the portal for submitting your time will open from 9am on January 31st.

A link to this portal will be emailed to you.



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