

Run your first 5km

WEEK 2 TRAINING PLAN



By 'Runuary' coach Irene Clark

Training overview:

This programme is a suggestion and should be adapted to suit your work and home life 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
- **Jog/run:** Jog with bursts of running in between.



Week of
January 10th

WEEK 2 - 5KM CHALLENGE TRAINING PLAN

DAY 1	DAY 2	DAY 3	DAY 4
2.5km - walk/jog	2.5km - jog/run	50 minute walk	3.5km - jog/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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