

## WEEKS 1 -6 WALK/JOG TRAINING PLAN

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### TRAINING OVERVIEW

This plan is specifically designed for individuals transitioning from walking to jogging. Unlike more advanced plans, it does not include structured speed sessions or specific breakdowns of individual workouts. Instead, it focuses on gradual progression, allowing participants to build a foundation at their own pace. The goal is to foster consistency and confidence while minimizing the risk of injury or burnout, with two key race milestones: a 5K race as an initial target and a 5-mile race as a further challenge.

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.

### WHO IS THIS PLAN FOR?

- Individuals new to jogging or returning after a long break
- Walkers looking to incorporate jogging into their routine
- Anyone seeking a flexible, non-intimidating approach to running



### A GUIDE TO THE TERMS IN THE PLAN:

**Walk:** Brisk walking pace (faster than walking to the shop)

**Jog:** Gentle running (able to chat easily throughout)

### WHAT TO EXPECT

- Gradual increases in jogging duration with walking breaks as needed
- No rigid pace requirements – emphasis is on comfort and steady progress
- Encouragement to listen to your body and adjust effort levels accordingly
- A focus on building consistency rather than speed

WEEKS 1 -6 WALK/JOG TRAINING PLAN

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
 <b>WEEK 1</b> STARTING WEEK OF APRIL 7TH	REST	20 MIN JOG/WALK	REST	20 MIN JOG/WALK	REST	REST	30 MIN JOG/WALK
 <b>WEEK 2</b> STARTING WEEK OF APRIL 14TH	REST	20 MIN JOG/WALK	REST	20 MIN JOG/WALK	REST	REST	30 MIN JOG/WALK
 <b>WEEK 3</b> STARTING WEEK OF APRIL 21ST	REST	25 MIN JOG/WALK	REST	30 MIN JOG/WALK	REST	REST	35 MIN JOG/WALK
 <b>WEEK 4</b> STARTING WEEK OF APRIL 28TH	REST	25 MIN JOG/WALK	REST	30 MIN JOG/WALK	REST	REST	35 MIN JOG/WALK
 <b>WEEK 5</b> STARTING WEEK OF MAY 5TH	REST	30 MIN JOG/WALK	REST	35 MIN JOG/WALK	REST	REST	40 MIN JOG/WALK
 <b>WEEK 6</b> STARTING WEEK OF MAY 12TH	REST	30 MIN JOG/WALK	REST	20 MIN JOG/WALK	REST	BIOFREEZE IRISH RUNNER 5K	REST

WEEK 6 IS 5K  
RACE WEEK!



WEEKS 7 - 12 WALK/JOG TRAINING PLAN

WEEK 7 IS  
RECOVERY WEEK!

WEEK 7  
STARTING  
WEEK OF  
MAY 19TH

WEEK 8  
STARTING  
WEEK OF  
MAY 26TH

WEEK 9  
STARTING  
WEEK OF  
JUNE 2ND

WEEK 10  
STARTING  
WEEK OF  
JUNE 9TH

WEEK 11  
STARTING  
WEEK OF  
JUNE 16TH

WEEK 12  
STARTING  
WEEK OF  
JUNE 23RD

WEEK 12 IS 5  
MILE RACE  
WEEK!

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
REST	20 MIN JOG/WALK	REST	35 MIN JOG/WALK	REST	REST	40 MIN JOG/WALK
REST	35 MIN JOG/WALK	REST	40 MIN JOG/WALK	REST	REST	45 MIN JOG/WALK
REST	40 MIN JOG/WALK	REST	45 MIN JOG/WALK	REST	REST	50 MIN JOG/WALK
REST	45 MIN JOG/WALK	REST	50 MIN JOG/WALK	REST	REST	55 MIN JOG/WALK
REST	35 MIN JOG/WALK	REST	40 MIN JOG/WALK	REST	REST	45 MIN JOG/WALK
REST	30 MIN JOG/WALK	REST	20 MIN JOG/WALK	REST	REST	BIOFREEZE IRISH RUNNER 5 MILE

