

# CITY2SOUTH 5KM BEGINNER

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>WEEK 1</b> W/C 27 MAR							
	REST OR CROSS TRAIN	30min walk	REST	30min walk	REST OR CROSS TRAIN	REST	30min walk
<b>WEEK 2</b> W/C 3 APR							
	REST OR CROSS TRAIN	RW x 5	REST	RW x 5	REST OR CROSS TRAIN	REST	RW x 8
		2min/1min		2min/1min			2min/2min
		This equates to 5 x 2min relaxed runs with a 1min walk after each run. 10min walk before and after your RW.		This equates to 5 x 2min relaxed runs with a 1min walk after each run. 10min walk before and after your RW.			This equates to 8 x 2min relaxed runs with a 2min walk after each run. 10min walk before and after your RW.
<b>WEEK 3</b> W/C 10 APR							
	REST OR CROSS TRAIN	RW x 8	REST	RW x 8	REST OR CROSS TRAIN	REST	RW x 10
		2min/2min		2min/2min			2min/2min
		This equates to 8 x 2min relaxed runs with a 2min walk after each run. 10min walk before and after your RW.		This equates to 8 x 2min relaxed runs with a 2min walk after each run. 10min walk before and after your RW.			This equates to 10 x 2min relaxed runs with a 2min walk after each run. 10min walk before and after your RW.
<b>WEEK 4</b> W/C 17 APR							
	REST OR CROSS TRAIN	RW x 2	REST	RW x 2	REST OR CROSS TRAIN	REST	RW x 5
		10min/2min		10min/2min			4min/2min
		This equates to 2 x 10min relaxed runs with a 2min walk after each run. 10min walk before and after your RW.		This equates to 2 x 10min relaxed runs with a 2min walk after each run. 10min walk before and after your RW.			This equates to 5 x 4min relaxed runs with a 2min walk after each run. 10min walk before and after your RW.
<b>WEEK 5</b> W/C 24 APR							
	REST OR CROSS TRAIN	RW x 5	REST	RW x 5	REST OR CROSS TRAIN	REST	RW x 5
		4min/2min		4min/2min			4min/1min
		This equates to 5 x 4min relaxed runs with a 2min walk after each run. 10min walk before and after your RW.		This equates to 5 x 4min relaxed runs with a 2min walk after each run. 10min walk before and after your RW.			This equates to 5 x 4min relaxed runs with a 1min walk after each run. 10min walk before and after your RW.

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	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>WEEK 6</b> W/C 1 MAY							
	REST OR CROSS TRAIN	RW x 5	REST	RW x 5	REST OR CROSS TRAIN	REST	RW x 2
		5min/1min		5min/1min			10min/2min
		This equates to 5 x 4min relaxed runs with a 1min walk after each run. 10min walk before and after your RW.		This equates to 5 x 5min relaxed runs with a 1min walk after each run. 10min walk before and after your RW.			This equates to 2 x 10min relaxed runs with a 2min walk after each run. 10min walk before and after your RW.
<b>WEEK 7</b> W/C 8 MAY							
	REST OR CROSS TRAIN	RW x 2	REST	RW x 2	REST OR CROSS TRAIN	REST	RW x 2
		10min/2min		10min/1min			10min/1min
		This equates to 2 x 10min relaxed runs with a 2min walk after each run. 10min walk before and after your RW.		This equates to 2 x 10min relaxed runs with a 1min walk after each run. 10min walk before and after your RW.			This equates to 2 x 10min relaxed runs with a 1min walk after each run. 10min walk before and after your RW.
<b>WEEK 8</b> W/C 15 MAY							
	REST OR CROSS TRAIN	20min continuous run	REST	20min continuous run	REST OR CROSS TRAIN	REST	25min continuous run
<b>WEEK 9</b> W/C 22 MAY							
	REST OR CROSS TRAIN	25min continuous run	REST	30min continuous run	REST OR CROSS TRAIN	REST	30min continuous run
<b>WEEK 10</b> W/C 29 MAY							
	REST OR CROSS TRAIN	30min continuous run	REST	20min continuous run	REST	REST	CITY2SOUTH 5KM

“ ONLY THOSE WHO DARE TO FAIL GREATLY

CAN EVER ACHIEVE GREATLY. ” - JFK