



5K RUN/JOG TRAINING PROGRAM

	MON	TUES	WED	THUR	FRI	SAT	SUN
WEEK 1	90 Sec Jog 2 Min Walk Repeat x 20 mins	Walk at comfortable pace for 20 minutes	90 Sec Jog 2 Min Walk Repeat x 20 mins	Walk at comfortable pace for 20 minutes	90 Sec Jog 2 Min Walk Repeat x 20 mins	Walk at comfortable pace for 20 minutes	Rest
WEEK 2	2 Reps: 90 Sec Jog 90 Sec Walk 3 Min Jog 3 Min Walk	Walk at comfortable pace for 20 minutes	2 Reps: 90 Sec Jog 90 Sec Walk 3 Min Jog 3 Min Walk	Walk at comfortable pace for 20 minutes	2 Reps: 90 Sec Jog 90 Sec Walk 3 Min Jog 3 Min Walk	Walk at comfortable pace for 20 minutes	Rest
WEEK 3	2 Reps: 3 Min Walk 90 Sec Walk 5 Min Jog 2.5 Min Walk	Walk at comfortable pace for 20 minutes	2 Reps: 3 Min Walk 90 Sec Walk 5 Min Jog 2.5 Min Walk	Walk at comfortable pace for 20 minutes	2 Reps: 3 Min Walk 90 Sec Walk 5 Min Jog 2.5 Min Walk	Walk at comfortable pace for 20 minutes	Rest
WEEK 4	3 Reps: 5 Min Jog 3 Min Walk	Walk at comfortable pace for 20 minutes	5 Min Jog 3 Min Walk 8 Min Jog 3 Min Walk 5 Min Jog 3 Min Walk	Walk at comfortable pace for 20 minutes	3 Reps: 5 Min Jog 3 Min Walk	Walk at comfortable pace for 20 minutes	Rest
WEEK 5	5 Min Jog 3 Min Walk 8 Min Jog 3 Min Walk 5 Min Jog 3 Min Walk	Walk at comfortable pace for 20 minutes	3 Reps: 5 Min Jog 3 Min Walk	Walk at comfortable pace for 20 minutes	5 Min Jog 3 Min Walk 8 Min Jog 3 Min Walk 5 Min Jog 3 Min Walk	Walk at comfortable pace for 20 minutes	Rest
WEEK 6	25 Min Jog	Walk at comfortable pace for 20 minutes	27 Min Jog	Walk at comfortable pace for 20 minutes	30 Min Jog	Walk at comfortable pace for 20 minutes	Rest