

Ready to Run 5km Program

Week	Session 1	Session 2	Session 3
1	Jog 1min/Walk 2min x 6 Total=18min	Jog 1min/Walk 2min x 6 Total=18min	Jog 1min/Walk 2min x 6 Total=18min
2	Jog 2min/Walk 2min x 5 Total=20min	Jog 2min/Walk 2min x 5 Total=20min	Jog 3min/Walk 2min x 4 Total=20min
3	Jog 4min/Walk 2min x 4 Total=24min	Jog 4min/Walk 2min x 4 Total=24min	Jog 6min/Walk 2min x 3 Total=24min
4	Jog 6min/Walk 2min x 3 Total=24min	Jog 7min/Walk 2min x 3 Total=27min	Jog 12min/Walk 2min x 2 Total=28min
5	Jog 12min/Walk 2min x 2 Total=28min	Jog 15min/Walk 1min x 2 Total=32min	Jog 25min
6	Jog 28min	Jog 5min/Walk 2min x 4 Total=28min	Race Day 5km

Tips

- ❑ Warm up by walking for 5 min and building up the pace to a jog
- ❑ Perform each session once during that week for a total of 3 sessions.
- ❑ Allow at least one rest day between each session for the first 2 weeks eg. Monday (Session1), Wednesday (Session 2), Saturday (Session 3).
- ❑ Stretch the leg muscles after each session
- ❑ If you haven't already, get yourself a properly fitted pair of running shoes. This will help prevent injury or soreness
- ❑ Ease into the program and don't try to go too hard too soon. If you can't complete a session, repeat that session next week before moving on.
- ❑ If you require further assistance please email us. details@revfit.com

- Try to run on level ground, preferably a grass oval, for the first couple of weeks to get your body used to the impact
- Get a training partner and run together to make it more enjoyable