

5km Novice Level 1 Mostly walking

Rest days: Tuesdays, Thursdays, Fridays and Sundays

Week	Date	Mon	Wed	Sat	Sun
1	29/4/2019	Jog 1 min, walk 3 min, repeat 5 times	Jog 1 min, walk 3 min, repeat 5 times	REST	3km (28)
2	5/6/2019	Jog 200 metres (or 90 sec), Walk 200 metres (or 90 sec), Jog 400 metres (or 3 min), Walk 400 metres (or 2 min). Repeat twice.	Jog 200 metres (or 90 sec), Walk 200 metres (or 90 sec), Jog 400 metres (or 3 min), Walk 400 metres (or 2 min). Repeat twice.	REST	Jog 200 metres (or 90 sec), Walk 200 metres (or 90 sec), Jog 400 metres (or 3 min), Walk 400 metres (or 2 min). Repeat twice.
3	5/13/2019	Jog 200m (or 1½ min), Walk 100m (or 1 min), Jog 400m (or 3 min), Walk 150m (or 1 minute), Jog 800m (or 5 min), Walk 300m (or 2 min), Jog 400m (or 3 min), Walk 300m (or 2 min), Jog 200m (or 1½ min)	Jog 200m (or 1½ min), Walk 100m (or 1 min), Jog 400m (or 3 min), Walk 150m (or 1 minute), Jog 800m (or 5 min), Walk 300m (or 2 min), Jog 400m (or 3 min), Walk 300m (or 2 min), Jog 200m (or 1½ min)	Jog 200m (or 1½ min), Walk 100m (or 1 min), Jog 400m (or 3 min), Walk 150m (or 1 minute), Jog 800m (or 5 min), Walk 300m (or 2 min), Jog 400m (or 3 min), Walk 300m (or 2 min), Jog 200m (or 1½ min)	REST
4	5/20/2019	Jog 200m (or 1½ min), Walk 100m (or 1 min), Jog 400m (or 3 min), Walk 150m (or 1 minute), Jog 800m (or 5 min), Walk 300m (or 2 min), Jog 400m (or 3 min), Walk 300m (or 2 min), Jog 200m (or 1½ min)	Jog 800m (or 5 min), Walk 400m (or 3 min), Jog 800m (or 5 min), Walk 400m (or 3 min), Jog 800m (or 5 min)	REST	3km (28)
5	5/27/2019	Run 800m (or 5 min), Walk 400m (or 2 min), Run 800m (or 5 min), Walk 400m (or 2 min), Run 800m (or 5 min)	Run 1.6km (or 10 min), Walk 400m (or 2 min), Run 1.6km (or 10 min)	REST	3 (25)
6	6/3/2019	Jog 1.2km (or 8 min), Walk 800m (or 5 min), Jog 1.2km (or 8 min)	Jog 1.2km (or 8 min), Walk 800m (or 5 min), Jog 1.2km (or 8 min)	Jog 1.2km (or 8 min), Walk 800m (or 5 min), Jog 1.2km (or 8 min)	REST
7	6/10/2019	Jog 1.5km (or 10 min), Walk 400m (or 3 min), Jog 1.5km (or 10 min)	Jog 1.5km (or 10 min), Walk 400m (or 3 min), Jog 1.5km (or 10 min)	5 (45)	REST
8	6/17/2019	Jog 1.8km (or 12 min), Walk 200m (2 min), Jog 1.8km (12min)	Jog 1.8km (or 12 min), Walk 200m (2 min), Jog 1.8km (12min)	Jog 1.8km (or 12 min), Walk 200m (2 min), Jog 1.8km (12min)	REST
9	7/24/2019	Jog 1.8km (or 12 min), Walk 200m (2 min), Jog 1.8km (12min)	Jog 800m (or 5 minutes), walk 400m (or 2 1/2 minutes), Jog 3km (or 20 min), walk 400m (or 2 1/2 minutes)	5 (40)	5 (35)
10	7/1/2019	3.5 (25)*	3.5 (25)	REST	5 (35)
11	7/8/2019	4 (30)	4.5 (30)	4.5 (30)	
12	7/15/2019	4.5 (30)	4.5 (30)	REST	5km WRF Race

* 3.5 km (or 25 minutes) - do whichever comes first.