

## 5km Novice Level 2, Run/walk

Rest days: Tuesdays, Thursdays, Fridays and Sundays

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

\* 4 km (or 30 minutes) - do whichever comes first.