5km Novice Level 3 Mostly running

Rest days: Tuesdays, Thursdays, Fridays and Sundays

Week	Date	Mon	Wed	Sat	Sun
1	4/29/2019	Jog 3 min, walk 1 min, repeat 5 times	Jog 3 min, walk 1 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 3 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 3 times.	REST	3 (25)
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 800m (or 5 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 800m (or 5 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 800m (or 5 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 800m (or 5 min), Walk 300m (or 2 min), Jog 200m (or 1½ min)	Jog 1.2km (or 8 min), Walk 500m (or 4 min), Jog 1.5km (or 10 min)	REST	3 (28)
5	5/27/2019	Run 800m (or 5 min), Walk 400m (or 2 min), Run 1.2km (or 8 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 1.5km (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)	Jog 1.5km (or 10 min), Walk 400m (or 3 min), Jog 1.5km (or 10 min)	REST
7	6/10/2019	Jog 800m (or 5 minutes), walk 400m (or 2 1/2 minutes), Jog 3km (or 20 min), walk 400m (or 2 1/2 minutes)	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 (45)	REST
8	6/17/2019	3.5 (25)*	3.5 (25)	3.5 (25)	REST
9	6/24/2019	3.5 (25)	4 (30)	5 (40)	5 (35)
10	7/1/2019	4 (30)	4 (30)	REST	5 (35)
11	7/8/2019	4.5 (35)	4.5 (35)	4.5 (35)	
12	7/15/2019	5 (40)	5 (40)	REST	5km WRF Race

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

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