


WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10 BUILDUP	16-JUL	17-JUL Walk 30 minutes	18-JUL	19-JUL Walk 30 minutes	20-JUL	21-JUL Walk 5km	22-JUL
9 STRONG	23-JUL Walk/Run 5km total with 5 easy runs of 60 seconds	24-JUL	25-JUL Walk/Run 5km total with 6 easy runs of 60 seconds	26-JUL	27-JUL Walk/Run 5km total with 7 easy runs of 60 seconds	28-JUL Walk 6km	29-JUL
8 RECOVERY	30-JUL Walk/Run 5km total with 4 easy runs of 2 minutes	31-JUL	1-AUG Walk/Run 5km total with 5 easy runs of 2 minutes	2-AUG	3-AUG Walk/Run 5km total with 6 easy runs of 2 minutes	4-AUG Walk 7km	5-AUG
7 STRONG	6-AUG Walk/Run 5km total with 4 easy runs of 3 minutes	7-AUG	8-AUG Walk/Run 5km total with 5 easy runs of 3 minutes	9-AUG	10-AUG Walk/Run 5km total with 6 easy runs of 3 minutes	11-AUG Walk 8km	12-AUG
6 RECOVERY	13-AUG Walk/Run 5km total with 4 easy runs of 4 minutes	14-AUG	15-AUG Walk/Run 5km total with 5 easy runs of 4 minutes	16-AUG	17-AUG Walk 5km	18-AUG Walk 1km, Run 2km, Walk 1km	19-AUG
5 STRONG	20-AUG Walk/Run 5km total with 3 easy runs of 5 minutes	21-AUG	22-AUG Walk/Run 5km total with 4 easy runs of 5 minutes	23-AUG	24-AUG Walk/Run 5km total with 5 easy runs of 5 minutes	25-AUG Walk 8km	26-AUG
4 STRONG	27-AUG Walk/Run 5km total with 3 easy runs of 6 minutes	28-AUG	29-AUG Walk/Run 5km total with 4 easy runs of 6 minutes	30-AUG	31-AUG Walk 5km	1-SEP Walk 1km, Run 3km, Walk 1km	2-SEP
3 STRONG	3-SEP Walk/Run 5km total with 3 easy runs of 8 minutes	4-SEP	5-SEP Walk/Run 5km total with 2 easy runs of 10 minutes	6-SEP	7-SEP Walk 5km	8-SEP Cross Country Run 3km	9-SEP
2 SHARPENING	10-SEP Walk 1km, Run 2km, Walk 1km, Run 2km, Walk 1km	11-SEP	12-SEP 3 x 1km Brisk, 3 min rec	13-SEP	14-SEP Walk 5km	15-SEP Walk 1km, Run 4km, Walk 1km	16-SEP
1 PEAKING	17-SEP PACED 3 x 1km @ race pace, 3 min rec	18-SEP	19-SEP Walk 1km, Run 2km, Walk 1km, Run 2km, Walk 1km	20-SEP	21-SEP Easy 3km Run	22-SEP 	RELAX!



5 KM

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Easy: Pace where you are able to talk easily and a breathing cycle is every three steps of one foot. **Steady:** Pace that is harder to talk and a breathing cycle is every two steps of one foot.

Brisk: Pace between Steady and Fast. **Fast run** is close to the best pace you can do for that distance. **Threshold:** Run slightly faster than easy pace.

Tempo and Time Trial (TT): Slightly slower than your race pace for that distance. **Rec:** Is the recovery between repetitions (reps) in a session. **Power:** Pace run faster than you have done in the lead up sessions.

Speed sessions are structured as follows: 6 to 8 x 1km reps @ 5km pace with 1km steady rec inbetween each rep