

**WEEK 1 - Goal for the week - to get used to the feel of running without getting sore and to start to build a routine**

**Monday**



Warm Up: 5minutes walking - 1min running followed by 2mins walking. (Repeat 3 times) - Warm Down: 5minutes walking

**Todays Comments** First one done! How was it?

**Tuesday**

Warm Up: 5minutes walking - Broken Minutes: 30seconds running followed by 30seconds walking (Repeat 10 times) - Warm Down: 5minutes walking

**Todays Comments**

**Wednesday**

REST - Don't forget to stretch those hips & calf muscles

**Todays Comments**

**Thursday**

Warm Up: 5minutes walking - 1.5minutes of running followed by 2mins walking (Repeat 3 times) - Warm Down: 5minutes walking

**Todays Comments**

**Friday**

Warm Up: 5minutes walking - Broken minutes: 20seconds running, 20seconds walking, 20seconds running. Then 1minute walking (Repeat 5times) - Warm Down: 5minutes walking

**Todays Comments**

**Saturday**

REST - Nearly at the end of week 1 - Again stretching is key so don't ignore it!

**Todays Comments**

**Sunday**

Warm Up: 5minutes walking - 2minutes running followed by 2minutes walking (repeat 5 times) - Warm Down: 5minutes walking

**Weekly Roundup!**

Well done! Week One ticked off! You completed up to 26minutes of running ! How did you feel it went? A great time to write any comments to self assess what you found easy or hard.

**WEEK 2 - Goal for the week - to continue to build a routine with running & gradually increase the load without getting injured**

**Monday**

Warm Up: 5minutes walking - **Broken Minutes: 30seconds running followed by 30seconds walking (Repeat 15times)** - Warm Down: 5minutes walking

**Todays Comments**

**Tuesday**

REST - Again stretching is going to be key this month but why not try some foam rolling or self massage to get rid of any sore bits, especially those calf muscles and hips!

**Todays Comments**

**Wednesday**

Warm Up: 5minutes walking - **3minutes running followed by 2minutes walking (Repeat 3 times)** - Warm Down: 5minutes walking

**Todays Comments**

**Thursday**

Warm Up: 5minutes walking - **5minutes non stop running as easy or hard as you like** - Warm Down: 5minutes walking

**Todays Comments**

**Friday**

REST - Mileage has ramped up this week so you may be a little sore but nothing a hot bath, self massage and some stretching can't fix!

**Todays Comments**

**Saturday**

Warm Up: 5minutes walking - **5minutes running followed by 2minutes walking (Repeat twice)** - Warm Down: 5minutes walking

**Todays Comments**

**Sunday**

Warm Up: 5minutes walking - **10 mins non stop running as easy or hard as you like** - Warm Down: 5minutes walking

**Weekly Roundup!**

Well done! Week Two ticked off! You completed up to 41.5minutes of running ! How did you feel it went? A great time to write any comments to self assess what you found easy or hard.

**WEEK 3 - Goal for the week - to start to implement different styles of running/training to build a strong aerobic base & get a good fitness boost!**

**Monday**

REST - Well done! Enjoy starting this week with a rest day, maybe look at some of the yoga & stretching videos on the website for an active recovery day or sometimes we like to mix it up and swim on our off days

Today's Comments

**Tuesday**

Warm Up: 5minutes walking - Pyramid Runs - 1min run, 1min walk, 2min run, 2min walk, 3min run, 3min walk, 4min run, 3min walk, 3min run, 2min walk, 2min run, 1min walk, 1min run - Warm Down: 5minutes walking

Today's Comments

**Wednesday**

Warm Up: 5minutes walking - 10minutes of running as easy or hard as you like - Warm Down: 5minutes walking

Today's Comments

**Thursday**

REST - In between tough days we like to take the opportunity to fuel up and recover so lots of carbohydrates, some self massage & a good nights sleep!

Today's Comments

**Friday**

Warm Up: 5minutes walking - 15minutes non stop running as easy or hard as you like - Warm Down: 5minutes walking

Today's Comments

**Saturday**

Warm Up : 2minutes walking, 5mins running - Hills - Any gradient, nothing too steep but nothing too flat. 10 seconds up it then walk slowly back to the bottom (Repeat 5 times) - Warm Down : 5mins running 2minutes walking

Today's Comments

**Sunday**

REST - You may be sore at the end of this week with the different running elements involved but hopefully you enjoyed mixing it up!

**Weekly  
Roundup!**

Well done! Week Three ticked off! You completed up to 52minutes of running ! How did you feel it went? A great time to write any comments to self assess what you found easy or hard.

**WEEK 4 - Goal for the week - to push that endurance and continue to play around with different types of training**

**Monday**

Warm Up : 2minutes walking 2minutes running - 10minutes running followed by 2 mins walking (Repeat twice) - Warm Down : 2minutes running 2minutes walking

**Todays Comments**

**Tuesday**

Warm Up : 2minutes walking 2minutes running - Pyramid Runs - 2min running, 1min walking, 4min running, 2min walking, 6min running, 2min walking, 4min running, 1min walking, 2min running - Warm Down : 2minutes running 2minutes walking

**Todays Comments**

**Wednesday**

REST - Midweek high or midweek slump? Make sure you are eating sufficiently and appropriately - protein, carbs and vegetables are crucial so maybe take the time to check in and make sure you are fuelling your increase in activity so you can finish the last 2.5 weeks strong!

**Todays Comments**

**Thursday**

Warm Up : 5minutes walking - 25minutes non stop running as easy or hard as you like - Warm Down : 5minutes walking

**Todays Comments**

**Friday**

Warm Up : 5minutes running - Fartlek: 2minute easy running, 30seconds a bit faster, 30seconds as fast as you can then have 3-5minutes walking (Repeat 5 times) - Warm Down : 5minutes running

**Todays Comments**

**Saturday**

REST - Hills tomorrow so rest up but maybe try some glute exercises to get those muscles firing for tomorrow and make sure your hips are nice and stretched out!

**Todays Comments**

**Sunday**

Warm Up : 5minutes running - Hills - Any gradient, nothing too steep but nothing too flat. 15 seconds up it then walk slowly back to the bottom (Repeat 5 times) - Warm Down : 5minutes running

**Weekly Roundup!**

Well done! Week Four ticked off! You completed over 100mins of running this week ! How did you feel it went? A great time to write any comments to self assess what you found easy or hard.

**WEEK 5 - Goal for the week - to get some confidence and push some of those comfort area boundaries out running!**

**Monday**

Warm up : 5minutes walking - 25minutes non stop running as easy or hard as you like - Warm Down : 5minutes walking

Today's Comments

**Tuesday**

REST - Final big week!! Great run yesterday, hope you're feeling confident, make sure you fuel well today for tomorrow's speedy run!

Today's Comments

**Wednesday**

Warm up : 5minutes running - Fartlek: Run harder on every odd minute for 15minutes (so minutes 1,3,6 are harder running and minutes 2,4,6 are easy running) - Warm Down : 5minutes running

Today's Comments

**Thursday**

Warm up : 5minutes walking - 15minutes running followed by 2minutes walking (Repeat twice) - Warm Down : 5minutes walking

Today's Comments

**Friday**

REST - Everybody loves a Friday rest day! Have a good weekend :)

Today's Comments

**Saturday**

Warm up : 5minutes running - Hills - Any gradient, nothing too steep but nothing too flat. 20 seconds up it then walk slowly back to the bottom (Repeat 5 times) - Warm Down : 5minutes running

Today's Comments

**Sunday**

Warm up : 5minutes walking - 30minutes of running as easy or hard as you like - Warm Down : 5minutes walking

**Weekly  
Roundup!**

Well done! Week Five ticked off! You completed nearly 1.5hrs of running this week ! How did you feel it went? A great time to write any comments to self assess what you found easy or hard.

**Goal Week!! You're ready, you can smash that 5k!! Enjoy this week and don't do too much!**

**Monday**

REST - Started and finished the weekend off right! Congrats on yesterdays run, longest one yet! Fuel, recover, stretch and self care today!

**Todays Comments**

**Tuesday**

Warm up : 5minutes running - **Pyramid Runs - 3min running, 1min walking, 6min running, 3min walking, 9min running, 3min walking, 6min running, 1min walking, 3min running** - Warm Down : 5minutes running

**Todays Comments**

**Wednesday**

Warm up: 5minutes walking - **10minutes running 2 minutes walking (Repeat 3 times)** - Warm Down : 5minutes walking

**Todays Comments**

**Thursday**

REST - Before events we sometimes like to have a rest day two days before but some people like to have it the day before so feel free to switch today and tomorrow up if you feel you would prefer it! Maybe read through some of our pre race tips on the website for any last minute words of encouragement!

**Todays Comments**

**Friday**

Warm up: 5minutes running - **Strides: on a flat road/path run 10seconds then walk back to start (Repeat 5 times)** - Warm Down: 5minutes running Then have a good dinner, bath/shower and save the wine/beer until tomorrow! Team Orders!

**Todays Comments**

**Saturday**

**5K! - Start steady at a pace you are confident you can finish at and if it gets tough remember to take confidence from all that work you've done and you'll SMASH IT!**

**Todays Comments**

**Sunday**

**FEET UP** with a glass of wine and then sign up to your next run whilst you're still on a high! Why not try a 10k next? Download our **FREE Fit - 10k Plan** or reach out for a plan tailored to you!

**Weekly Roundup!**

Well done! You did it! You completed your 5k Challenge! How did you feel it went? A great time to write any comments to self assess what you found easy or hard.