

WEEK 1

MONDAY

Run 1 min,walk 1 min.
Repeat 10 times

TUESDAY

Rest

WEDNESDAY

Run 2 mins,walk 4 mins.
Repeat 5 times.

THURSDAY

Rest

FRIDAY

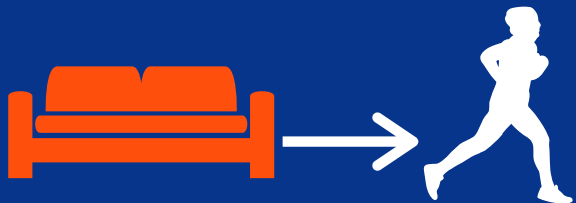
Rest

SATURDAY

Run 2 mins,walk 4 mins.
Repeat 5 times.

SUNDAY

Rest



WEEK 1

WEEKLY TIPS

- Runners! Converse don't do well for running, a comfortable runner with a good supportive sole is a must
- Understand that you will be challenged within this, especially if you have not done it before or for a long time. Your muscles will feel tired, you will be sweaty and you will most likely walk at some points, this is all normal!
- This program is focused on helping you complete a continuous 5k over the course of 8 weeks, so the first few weeks are about building a foundation. Take your time and go with the plan.