

5 WEEKS TO YOUR FIRST 5KM

WEEK 3

MONDAY

Rest

GOAL: Stretch both your upper and lower body for 15 minutes.

TUESDAY

Run easy – add a few minutes to your time from last week, maintain a comfortable pace.

GOAL: Add a few minutes to your time from week 2; maintain a comfortable pace.

WEDNESDAY

Cross-train 20 minutes.

GOAL: Strengthen your back with planks, bridges or bird-dogs. Practice good posture.

THURSDAY

Run easy – add 5 minutes to your time from last week, do 1 or 2 more hill repeats.

GOAL: Add 5 minutes to your time from last week, and do 1 or 2 more hill repeats.

FRIDAY

Walk 20 minutes or run easy 10 to 15 minutes.

GOAL: Stretch and stretch a different body part every 5 minutes.

SATURDAY

Rest

GOAL: Review the race course and plan to do your long run on it. If not possible, plot out a similar route.

SUNDAY

Long Run – 5 minutes longer than last week. Walk if necessary.

GOAL: Run 5 minutes longer than last week on race course (if possible). Run the last 5 minutes slightly faster.