

5 WEEKS TO YOUR FIRST 5KM

WEEK 4

MONDAY

Rest

GOAL: Perform self-massage on legs and feet (using hand and/or a foam roller).

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 last week.

WEDNESDAY

Cross-train 20-30 minutes, up the intensity.

GOAL: Up the intensity or incline. Add some chair squats, side planks and lunges.

THURSDAY

Run easy, do 3 30-second pick-ups.

GOAL: Perform 3 30-second pick-ups (speed up for 10 seconds, hold a near-sprint for 10, slow for 10).

FRIDAY

Walk 20 minutes or run easy 10 to 12 minutes.

GOAL: If walking, do a 1-minute jog every four minutes.

SATURDAY

Rest

GOAL: Plan your pre-race dinner, and make it today for practice. Get 8 hours sleep.

SUNDAY

Long Run – run at an easy pace for 30 – 40 minutes. Walk if necessary.

GOAL: Run at an easy pace for 30 to 40 minutes.