



Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
1	STRENGTH	2.4 km run	STRENGTH	2.4 km run	STRENGTH	2.4 km run	30 min walk	
2	STRENGTH	2.8 km run	STRENGTH	2.4 km run	STRENGTH	2.8 km run	35 min walk	
3	STRENGTH	3.2 km run	STRENGTH	2.4 km run	STRENGTH	3.2 km run	40 min walk	
4	STRENGTH	3.6 km run	STRENGTH	2.4 km run	STRENGTH	3.6 km run	45 min walk	
5	STRENGTH	4.0 km run	STRENGTH	3.2 km run	STRENGTH	4.0 km run	50 min walk	
6	STRENGTH	4.4 km run	STRENGTH	3.2 km run	STRENGTH	4.4 km run	55 min walk	
7	STRENGTH	4.8 km run	STRENGTH	3.2 km run	STRENGTH	4.8 km run	60 min walk	
8	STRENGTH	4.8 km run	STRENGTH	3.2 km run	STRENGTH	Rest	<b>5K Race</b>	