



ASRWC 5KM BEGINNERS TRAINING PROGRAM

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8
DAY 1	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY
DAY 2	RUN 1MIN WALK 2MIN 6TIMES	RUN 2MIN WALK 2-4MIN 5 TIMES	RUN 3MIN WALK 3MIN 4 TIMES	RUN 5MIN WALK 3MIN 3 TIMES	RUN 7MIN WALK 2MIN 3TIMES	RUN 8MIN WALK 2MIN 3TIMES	RUN 12MIN WALK 2MIN 2TIMES	RUN 15MIN WALK 1-3MIN 2 TIMES
DAY 3	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY
DAY 4	RUN 1MIN WALK 2MIN 6TIMES	RUN 1MIN WALK 1MIN 10 TIMES	RUN 3MIN WALK 3MIN 4TIMES	RUN 5MIN WALK 3MIN 3TIMES	RUN 7MIN WALK 2MIN 3TIMES	RUN 10MIN WALK 2MIN 2TIMES	RUN 12MIN WALK 2MIN 2TIMES	RUN 15MIN WALK 1-3MIN 2 TIMES
DAY 5	REST DAY or CROSS TRAIN	REST DAY OR CROSS TRAIN	REST DAY OR CROSS TRAIN	REST DAY OR CROSS TRAIN	REST DAY OR CROSS TRAIN	REST DAY OR CROSS TRAIN	REST DAY OR CROSS TRAIN	REST DAY OR CROSS TRAIN
DAY 6	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY
DAY 7	RUN 1MIN WALK 1MIN 10 TIMES	1KM Time TRIAL (RECORD TIME)	RUN 3MIN WALK 1-3MIN 5TIMES	2*1KM WITH 2MIN REST (RECORD TIMES)	RUN 8MIN WALK 2MIN 3TIMES	2*1KM WITH 2MIN REC (RECORD TIMES)	2KM TIME TRIAL (RECORD TIME)	RACE DAY, SMILE AND ENJOY

CREATED BY Brad White. ENDORSED BY LEVEL 2 ATHLETIC AUSTRALIA COACH EMMA KRAFT (emmakraft@hotmail.com)