

The Martial Way

Run 5km in 6 weeks (Beginners Program)

Week 1:

Day		Session	Notes
<input type="checkbox"/>	Monday	Walk/jog	25 minutes of walking with a 1min jog every 5,minutes
<input type="checkbox"/>	Tuesday	Rest day	10 min of stretching major running muscles
<input type="checkbox"/>	Wednesday	Walk/jog	20 minutes of walking with as much jogging that
<input type="checkbox"/>	Thursday	Rest day	10 min stretching major running muscles
<input type="checkbox"/>	Friday	Jog	Run continuous for 5 minutes, walk for 5 minutes. Repeat once.
<input type="checkbox"/>	Saturday	Walk	Walk for 45 – 50min. Look for hilly terrain.
<input type="checkbox"/>	Sunday	Rest	Rest

Week 2:

Day		Session	Notes
<input type="checkbox"/>	Monday	Walk/jog	25 minutes of walking of 3min walk/2min jog
<input type="checkbox"/>	Tuesday	Cross Train	10min of stretching major running muscles + a few gentle step ups and lunges
<input type="checkbox"/>	Wednesday	Walk/jog	Walk 10mins. Jog 7mins continuously. Walk 5min
<input type="checkbox"/>	Thursday	Rest day	10 min stretching major running muscles
<input type="checkbox"/>	Friday	Intervals	Run continuous for 3mins, have 3 mins rest. Repeat 4 times
<input type="checkbox"/>	Saturday	Walk	Walk for 45mins include 1 min jog every 5 mins
<input type="checkbox"/>	Sunday	Rest day	Rest

Week 3:

Day		Session	Notes
<input type="checkbox"/>	Monday	Walk/jog	25 minutes of walking of 2min walk/2min jog
<input type="checkbox"/>	Tuesday	Cross Train	10 min of stretching major running muscles + a few gentle step ups and lunges and a few push ups
<input type="checkbox"/>	Wednesday	Walk/jog	5 min walk, 8min run, 5min walk
<input type="checkbox"/>	Thursday	Rest day	10 min stretching major running muscles
<input type="checkbox"/>	Friday	Intervals	10min walk (warm up) then 3 sets of: 2min 'moderate' run, 2min rest, 3min 'moderate' run, 2 min rest
<input type="checkbox"/>	Saturday	Walk	Walk for 45mins include 1 min jog every 4 mins
<input type="checkbox"/>	Sunday	Rest day	Rest

Week 4:

Day		Session	Notes
<input type="checkbox"/>	Monday	Walk/jog	25 minutes of walking of 2min walk/2min jog
<input type="checkbox"/>	Tuesday	Cross Train	10min of stretching major running muscles + a few gentle step ups and lunges and a few push ups and 1 plank (as long as possible)
<input type="checkbox"/>	Wednesday	Walk/jog	5 min walk, 12min run, 5min walk
<input type="checkbox"/>	Thursday	Rest day	10 min stretching major running muscles
<input type="checkbox"/>	Friday	Intervals	5min slow jog (warm up) then: run 1 lap oval, walk half an oval. Repeat for 20mins
<input type="checkbox"/>	Saturday	Walk	Walk for 60mins over hilly terrain and jog some of the uphill
<input type="checkbox"/>	Sunday	Rest day	Rest

Week 5:

Day		Session	Notes
<input type="checkbox"/>	Monday	Walk/jog	25 minutes of walking of 1min walk/1min jog
<input type="checkbox"/>	Tuesday	Cross Train	10min of stretching major running muscles + a few gentle step ups and lunges and a few push ups and 1 plank (as long as possible)
<input type="checkbox"/>	Wednesday	Walk/jog	5 min walk, 18min run, 5min walk
<input type="checkbox"/>	Thursday	Rest day	10 min stretching major running muscles
<input type="checkbox"/>	Friday	Intervals	5min slow jog (warm up) then: 8min run at target race intensity, 4 min rest, 2x4min runs with 2min recovery. 10min walk to cool down
<input type="checkbox"/>	Saturday	Walk	Walk for 45mins over flat terrain
<input type="checkbox"/>	Sunday	Rest day	Rest

Week 6: RACE WEEK

Day		Session	Notes
<input type="checkbox"/>	Monday	Walk/jog	25 minutes of walking of 2min walk/1min jog
<input type="checkbox"/>	Tuesday	Cross Train	10 min of stretching major running muscles
<input type="checkbox"/>	Wednesday	Walk/jog	Light jog 5min. 12 min run with last 6min at race intensity. 5 min walk cool down
<input type="checkbox"/>	Thursday	Rest day	10 min stretching major running muscles
<input type="checkbox"/>	Friday	Intervals	8 min very slow jog then 5x100m strides at moderate pace
<input type="checkbox"/>	Saturday	Rest	Rest
<input type="checkbox"/>	Sunday	Your Personal Best Race Day	