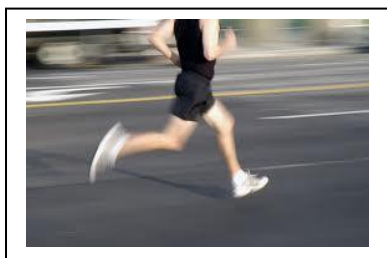


learn to run 5km in 8 weeks

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All that is involved is 3 x 30 minute training sessions over an 8 week period.



Week	Workouts		
	1	2	3
1	5 minute brisk walk then run for 60 seconds and walk for 90 seconds (for a total of 20 minutes). A 5 minute brisk walk at the end.	5 minute brisk walk then run for 60 seconds and walk for 90 seconds (for a total of 20 minutes). A 5 minute brisk walk at the end.	5 minute brisk walk then run for 60 seconds and walk for 90 seconds (for a total of 20 minutes). A 5 minute brisk walk at the end.
2	5 minute brisk walk then run for 90 seconds and walk for 60 seconds (for a total of 20 minutes). A 5 minute brisk walk at the end.	5 minute brisk walk then run for 90 seconds and walk for 60 seconds (for a total of 20 minutes). A 5 minute brisk walk at the end.	5 minute brisk walk then run for 90 seconds and walk for 60 seconds (for a total of 20 minutes). A 5 minute brisk walk at the end.
3	5 minute brisk walk then run for 3 minutes and walk for 90 seconds (for a total of 20 minutes). A 5 minute brisk walk at the end.	5 minute brisk walk then run for 3 minutes and walk for 90 seconds (for a total of 20 minutes). A 5 minute brisk walk at the end.	5 minute brisk walk then run for 3 minutes and walk for 90 seconds (for a total of 20 minutes). A 5 minute brisk walk at the end.
4	5 minute brisk walk then run for 5 minutes and walk for 3 minutes twice.	5 minute brisk walk then run for 5 minutes and walk for 3 minutes twice.	5 minute brisk walk then run for 5 minutes and walk for 3 minutes twice.
5	5 minute brisk walk then run for 5 minutes and walk for 3 minutes, run for 8 minutes and walk for 3 minutes and run for 5 minutes.	5 minute brisk walk then run for 5 minutes and walk for 3 minutes, run for 8 minutes and walk for 3 minutes and run for 5 minutes.	5 minute brisk walk then run for 5 minutes and walk for 3 minutes, run for 8 minutes and walk for 3 minutes and run for 5 minutes.
6	5 minute brisk walk then run for 10 minutes and walk for 3 minutes, then run for 12 minutes.	5 minute brisk walk then run for 10 minutes and walk for 3 minutes, then run for 12 minutes.	5 minute brisk walk then run for 10 minutes and walk for 3 minutes, then run for 12 minutes.
7	Brisk walk for 5 minutes then run for 20 minutes and walk for 5 minutes.	Brisk walk for 5 minutes then run for 20 minutes and walk for 5 minutes.	Brisk walk for 5 minutes then run for 20 minutes and walk for 5 minutes.
8	Run for 30 minutes.	Run for 30 minutes.	Run for 30 minutes.