



REMEMBRANCE RUN

Run & Remember

BEGINNER TO 5KM TRAINING PLAN

WEEK 1

DAY	ACTIVITY
MON	Walk 10m, Run 1m + Walk 1m (5 Sets), Walk 5m & Stretch
WED	Walk 5m, Run 1m + Walk 1m (7 Sets), Walk 4m & Stretch
FRI	Walk 10m, Run 2m + Walk 1m (5 Sets), Walk 5m & Stretch
SUN	Walk 5m, Run 2m + Walk 1m (7 Sets), Walk 5m & Stretch

SUPPORTED BY



Silver Stream
HEALTHCARE

#RR5K



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WEEK 2

DAY	ACTIVITY
MON	Walk 5m, Run 3m + Walk 1m (5 Sets), Walk 5m & Stretch
WED	Walk 5m, Run 5m + Walk 2m (3 Sets), Walk 4m & Stretch
FRI	Walk 4m, Run 5m + Walk 1m (4 Sets), Walk 1m & Stretch
SUN	Walk 5m, Run 8m + Walk 3m (3 Sets), Walk 3m & Stretch

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WEEK 3

DAY	ACTIVITY
MON	Walk 5m, Run 10m, Walk 5m, Run 5m, Walk 5m & Stretch
WED	Walk 5m, Run 12m, Walk 3m, Run 5m, Walk 5m & Stretch
FRI	Walk 10m, Run 15m, Walk 5m & Stretch
SUN	Walk 6m, Run 20m, Walk 6m & Stretch

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WEEK 4

DAY	ACTIVITY
MON	Walk 5m, Run 22m, Walk 3m & Stretch
WED	Walk 3m, Run 25m, Walk 6m & Stretch
FRI	Walk 3m, Run 25m, Walk 6m & Stretch
SUN	Remembrance Run 10am November 14th 2021

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