



BEGINNER TO 5KM TRAINING PLAN

WEEK 1

DAY	ACTIVITY
MON	20m (Easy)
WED	20m (Easy)
FRI	20m (Easy)
SUN	20m (Easy)



REMEMBRANCE RUN

Run & Remember

BEGINNER TO 5KM TRAINING PLAN WEEK 2

DAY

ACTIVITY

MON

20m (Easy)

WED

20m (Easy)

FRI

30m (Easy)

SUN

30m (Easy)

SUPPORTED BY



Silver Stream
HEALTHCARE

#RR5K



BEGINNER TO 5KM TRAINING PLAN

WEEK 3

DAY	ACTIVITY
MON	20m (Easy)
WED	30m (Easy)
FRI	30m (Easy)
SUN	30m (Easy)



BEGINNER TO 5KM TRAINING PLAN

WEEK 4

DAY	ACTIVITY
MON	20m (Easy)
WED	40m (Easy)
FRI	40m (Easy)
SUN	Remembrance Run 5K