

RUNNING MATE 5K 101

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	5 Min Walk / (2 Min Easy Jog + 3 Min Walk) X 4 Intervals / 5 Min Walk	Hydrate / Rest	5 Min Walk / (2 Min Easy Jog + 3 Min Walk) X 4 Intervals / 5 Min Walk	Hydrate / Rest	5 Min Walk / (2 Min Easy Jog + 3 Min Walk) X 4 Intervals / 5 Min Walk	Hydrate / Rest	Hydrate / Rest
2	5 Min Walk / (2.5 Min Easy Jog + 2.5 Min Walk) X 5 5 Intervals / 5 Min Walk	Hydrate / Rest	5 Min Walk / (2.5 Min Easy Jog + 2.5 Min Walk) X 5 5 Intervals / 5 Min Walk	Hydrate / Rest	5 Min Walk / (2.5 Min Easy Jog + 2.5 Min Walk) X 5 5 Intervals / 5 Min Walk	Hydrate / Rest	Hydrate / Rest
3	5 Min Walk / (3 Min Easy Jog + 2 Min Walk) X 5 Intervals / 5 Min Walk	Hydrate / Rest	5 Min Walk / (3 Min Easy Jog + 2 Min Walk) X 5 Intervals / 5 Min Walk	Hydrate / Rest	5 Min Walk / (3 Min Easy Jog + 2 Min Walk) X 5 Intervals / 5 Min Walk	Hydrate / Rest	Hydrate / Rest
4	5 Min Walk / (4 Min Easy Jog + 1 Min Walk) X 5 Intervals / 5 Min Walk	Hydrate / Rest	5 Min Walk / (4 Min Easy Jog + 1 Min Walk) X 5 Intervals / 5 Min Walk	Hydrate / Rest	5 Min Walk / (4 Min Easy Jog + 1 Min Walk) X 5 Intervals / 5 Min Walk	Hydrate / Rest	Hydrate / Rest
4.2	5 Min Walk / (6 Min Easy Jog + 2 Min Walk) X 3 Intervals / 5 Min Walk	Hydrate / Rest	5 Min Walk / (6 Min Easy Jog + 2 Min Walk) X 3 Intervals / 5 Min Walk	Hydrate / Rest	5 Min Walk / (6 Min Easy Jog + 2 Min Walk) X 3 Intervals / 5 Min Walk	Hydrate / Rest	Hydrate / Rest
5	5 Min Walk / (8 Min Easy Jog + 2 Min Walk) X 3 Intervals / 5 Min Walk	Hydrate / Rest	5 Min Walk / (8 Min Easy Jog + 2 Min Walk) X 3 Intervals / 5 Min Walk	Hydrate / Rest	5 Min Walk / (8 Min Easy Jog + 2 Min Walk) X 3 Intervals / 5 Min Walk	Hydrate / Rest	Hydrate / Rest
6	5 Min Walk / (12 Min Easy Jog + 3 Min Walk) / X 2 Intervals / 5 Min Walk	Hydrate / Rest	5 Min Walk / (12 Min Easy Jog + 3 Min Walk) / X 2 Intervals / 5 Min Walk	Hydrate / Rest	5 Min Walk / (12 Min Easy Jog + 3 Min Walk) / X 2 Intervals / 5 Min Walk	Hydrate / Rest	Hydrate / Rest
7	5 Min Walk / (12 Min Easy Jog + 3 Min Walk) / X 3 Intervals / 5 Min Walk	Hydrate / Rest	5 Min Walk / (12 Min Easy Jog + 3 Min Walk) / X 3 Intervals / 5 Min Walk	Hydrate / Rest	5 Min Walk / (12 Min Easy Jog + 3 Min Walk) / X 3 Intervals / 5 Min Walk	Hydrate / Rest	Hydrate / Rest
7.2	5 Min Walk / (20 Min Easy Jog + 5 Min Walk) X 2 Intervals / 5 Min Walk	Hydrate / Rest	5 Min Walk / (20 Min Easy Jog + 5 Min Walk) X 2 Intervals / 5 Min Walk	Hydrate / Rest	5 Min Walk / (20 Min Easy Jog + 5 Min Walk) X 2 Intervals / 5 Min Walk	Hydrate / Rest	Hydrate / Rest
8	5 Min Walk / 30 Min Easy Jog / 5 Min Walk	Hydrate / Rest	5 Min Walk / 30 Min Easy Jog / 5 Min Walk	Hydrate / Rest	5 Min Walk / 30 Min Easy Jog / 5 Min Walk	Hydrate / Rest	Hydrate / Rest