BETTER 5K TRAINING PLAN

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	30 x secs walk 30 x secs jog X20 sets		1 x min jog 1 x min walk x 10 sets			90 x secs jog 90 x secs walk x 10 sets	Core/Stretch
WEEK 2	90 x secs jog 1 min walk x 10 sets		2 x mins jog 1 x min walk x 8 sets			3 x mins jog 1 min x walk x 6 sets	Core/Stretch
WEEK 3	3 mins jog 1 min recovery x 7 sets		4 x mins jog 1 min walk x 5 sets			5 x mins jog 1 x min walk x 4 sets	Core/Stretch
WEEK 4	5 x mins jog 1x min walk x 5 sets		6 x mins jog 1 x min walk x 4 sets			7 x mins jog 1 x min walk x 4 sets	Core/Stretch
WEEK 5	8 x mins jog 1 x min walk x 4 sets		9 mins jog 2 x min walk x 3 sets			10 x mins jog 3 x mins walk x 3 sets	Core/Stretch
WEEK 6	10 x mins jog 2 x mins walk x 3 sets		12 x mins jog 3 x mins walk x 3 sets			13 x mins jog 3 x mins walk x 2 sets	Core/Stretch
WEEK 7	13 x mins jog 2 x min walk x 2 sets		15 x mins jog 3 x mins walk x 2 sets			15 x mins jog 2 min walk 2 sets	Core/Stretch
WEEK 8	Jog x 1 mile 3 x mins walk x 3 sets		Jog x 1.5 miles 3 x mins walk x 2 sets			Jog x 2 miles Walk x 1 mile	Core/Stretch
WEEK 9	Jog x 2 miles Walk 0.5 mile Jog 0.5 mile		Jog x 2.5 miles Walk 0.5 mile Jog 0.5 mile			Jog x 1 mile x 90 secs walk x 3 sets	Core/Stretch
WEEK 10	Jog 2.5 miles Walk x 1 mile		Jog x 1.5 miles Walk x 1.5 miles			Park Run Jog 3.1 miles!!	Core/Stretch

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BETTER