



5K TRAINING PLAN

This plan is a guide only, feel free to adapt it to suit your ability and the time you have for running. Remember to get lots of rest in between your running sessions, and keep hydrated and fuelled with food.

If you're aiming for a specific time in your run, or you really want to push yourself, it's a good idea to follow a training plan. However, we encourage everyone to Run with the Ancestors, whether you run, jog or walk it!

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WEEK	SESSION 1	SESSION 2	SESSION 3	SESSION 4
1	1 min run, 2 min walk, repeat 10 times TAKE IT EASY 	1 min run, 1 min walk, repeat 10 times TAKE IT EASY 	45 min walk TAKE IT EASY 	2 min run, 1 min walk, repeat 10 times MODERATE EFFORT
2	3 min run, 1 min walk, repeat 6 times TAKE IT EASY 	5 min run, 2 min walk, repeat 4 times MODERATE EFFORT 	10 min run, 5 min walk, repeat 2 times TAKE IT EASY 	15 min run MODERATE EFFORT
3	20 min run MODERATE EFFORT 	60 min walk TAKE IT EASY 	15 min run, 5 min walk, repeat 2 times MODERATE EFFORT 	20 min run, 3 min walk, repeat 2 times MODERATE EFFORT
4	30 min run MODERATE EFFORT 	20 min run, 2 min walk, repeat 2 times TAKE IT EASY 	40 min run MODERATE EFFORT 	5km run at fast pace PUSH YOURSELF HARD
5	45 min run MODERATE EFFORT 	15 min run, 1 min sprints, repeat 3 times PUSH YOURSELF HARD 	50 min run MODERATE EFFORT 	5km run COMFORTABLE PACE
6	30 min run TAKE IT EASY 	30 min run TAKE IT EASY 	20 min run TAKE IT EASY 	RUN WITH THE ANCESTORS PUSH YOURSELF HARD