Your 4-week 5K training plan

SLEIGH TO 5K

WEEK 1

Day 1: Run 10 minutes, walk 1 minute, repeat

Day 2: Rest or cross-train

Day 3: Run 12 minutes, walk 1 minute, repeat

Day 4: Rest

Day 5: Run 13 minutes, walk 1 minute, repeat

Day 6: Rest or cross-train

Day 7: Rest

WEEK 2

Day 1: Run 15 minutes, walk 1 minute, repeat

Day 2: Rest or cross-train

Day 3: Run 17 minutes, walk 1 minute, run 7 min

Day 4: Rest

Day 5: Run 19 minutes, walk 1 minute, run 7 min

Day 6: Rest or cross-train

Day 7: Rest

WEEK 3

FINAL WEEK!

Day 1: Run 20 minutes, walk 1 minute, run 6 minutes

Day 2: Rest or cross-train

Day 3: Run 24 minutes

Day 4: Rest

Day 5: Run 26 minutes

Day 6: Rest or cross-train

Day 7: Rest

Day 1: Run 28 minutes

Day 2: Rest or cross-train

Day 3: Run 30 minutes

Day 4: Rest

Day 5: Run 20 minutes

Day 6: Rest

Day 7: Race day!

NEUROBLASTOMA UK
FIGHTING CHILDHOOD CANCER