

Novice 5K-Run/Walk

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	MON	TUES	WED	THURS	FRI	SAT	SUN	
<u>Week 1</u>	Run 1 min Walk 1 min Repeat x 10	Rest	Run 2 mins Walk 4 mins Repeat x5	Rest or Cross Train	Rest	Run 2 mins Walk 4 mins Repeat x 5	Rest	80 mins Total
<u>Week 2</u>	Run 3 mins Walk 3 mins Repeat x 4	Rest	Run 3 mins Walk 3 mins Repeat x4	Rest or Cross Train	Rest	Run 5 mins Walk 3 mins Repeat x3	Rest	72 mins Total
<u>Week 3</u>	Run 4 mins Walk 2 mins Repeat x 4	Rest	Run 4 mins Walk 2 mins Repeat x 4	Rest or Cross Train	Rest	Run 6 mins Walk 3 mins Repeat x3	Rest	75 mins Total
<u>Week 4</u>	Run 7 mins Walk 2 mins Repeat x 3	Rest	Run 8 mins Walk 2 mins Repeat x3	Rest or Cross Train	Rest	Run 8 mins Walk 2 mins Repeat x3	Rest	87 mins Total
<u>Week 5</u>	Run 8 mins Walk 2 mins Repeat x 3	Rest	Run 10 mins Walk 2 mins Repeat x 2 Run 5 mins	Rest or Cross Train	Rest	Run 8 mins Walk 2 mins Repeat x3	Rest	89 mins Total
<u>Week 6</u>	Run 8 mins Walk 1 min Repeat x3	Rest	Run 10 mins Walk 2 mins Repeat x2	Rest or Cross Train	Rest	Run 8 mins Walk 2 mins Repeat x3	Rest	81 mins Total
<u>Week 7</u>	Run 9 mins Walk 1 min Repeat x 3	Rest	Run 12 mins Walk 2 mins Repeat x2 Run 5 mins	Rest or Cross Train	Rest	Run 8 mins Walk 2 mins Repeat x3	Rest	93 mins Total
<u>Week 8</u>	Run 15 mins Walk 1 min Repeat x 2	Rest	Run 8 mins Walk 2 mins Repeat x3	Rest or Cross Train	Rest	Rest	5K RACE	Total