

5k - 10k Preparation!

KEEP SCOTLAND ACTIVE WITH

jogscotland



TARGET: JOG CONTINUOUSLY FOR 5K/ 40 MINS

Week 1

5 min walk
3 x 10 min jog (5 min walk between)
5 min walk

Week 2

5 min walk
2 x 15 min jog (5 min walk between)
5 min walk

Week 3

5 min walk
2 x 18 min jog (5 min walk between)
5 min walk

Week 4

5 min walk
1 x 6 min jog }
1 x 20 min jog } 3 min walk in
1 x 6 min jog } between
5 min walk

Week 5

5 min walk
1 x 10 min jog }
1 x 25 min jog } 3 min walk in
5 min walk } between

Week 6

5 min walk
30 min continuous jog
5 min walk

Week 7

5 min walk
2 x 20 min jog (3 min walk between)
5 min walk

Week 8

5 min walk
1 x 10 min jog }
1 x 30 min jog } 3 min walk in
5 min walk } between

Week 9

5 min walk
35 min continuous jog
5 min walk

Week 10

5 min walk
40 min continuous jog
5 min walk