

JETTY 2 FUN RUN

JETTY

EXAMPLE 5KM PROGRAM - NOVICE LEVEL

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	Run 5 mins Wak 1-2 mins Run 5 mins	Rest or cross-train	Run 5 mins Wak 1-2 mins Run 5 mins	Rest	Run 5 mins Wak 1-2 mins Run 5 mins	Cross-train
2	Rest	Run 7 mins Wak 1-2 mins Run 7 mins	Rest or cross-train	Run 7 mins Wak 1-2 mins Run 7 mins	Rest	Run 7 mins Wak 1-2 mins Run 7 mins	Cross-train
3	Rest	Run 9 mins Wak 1-3 mins Run 9 mins	Rest or cross-train	Run 9 mins Wak 1-3 mins Run 9 mins	Rest	Run 9 mins Wak 1-3 mins Run 9 mins	Cross-train
4	Rest	Run 11 mins Wak 1-3 mins Run 11 mins	Rest or cross-train	Run 11 mins Wak 1-3 mins Run 11 mins	Rest	Run 11 mins Wak 1-3 mins Run 11 mins	Cross-train
5	Rest	Run 15 mins Wak 1-2 mins Run 15 mins	Rest or cross-train	Run 15 mins Wak 1-2 mins Run 15 mins	Rest	Run 15 mins Wak 1-2 mins Run 15 mins	Cross-train
6	Rest	Run 20 mins	Rest or cross-train	Tempo run 5 mins Jog 3 mins Repeat x 2	Rest	Parkrun or 5km - run 2km, walk 1km, run 2km	Cross-train
7	Rest	Run 30 mins	Rest or cross-train	Tempo run 5 mins Jog 90 secs Repeat x 5	Rest	Run 40 mins	Cross-train
8	Rest	Run 30 mins	Rest or cross-train	Run 25 mins	Rest	15/20 min walk	Race Day!

Saturday and Sunday sessions are interchangeable

Tempo run is a faster paced workout also known as a threshold run. Tempo pace is described as “comfortably hard”, Tempo/threshold running will help prepare your body for running at a faster pace for longer, as well as boosting what’s known as lactate threshold.

Progression run is a run with structured pace increases from beginning to end. The distance and pace will vary based on your specific training goals.

Cross training is important to keep your fitness improving but reduce running load due to impact on joints and muscle’s. Examples of cross training are cycling, swimming and gym.

Prepared by

