

3 KM RUNNING PROGRAMME

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	30 – minute walk Brisk pace	Recovery	50-minute walk Brisk pace	Recovery	15-minute run Low intensity	Recovery	20-minute run (Intervals) Alternate 5 mins' light 5 mins' moderate intensity
Week 2	Recovery	15-minute run Moderate intensity	Recovery	30- minute walk Moderate intensity	Recovery	25-minute run (Intervals) Alternate 5 mins' light 5 mins' moderate intensity	Recovery
Week 3	25-minute run Moderate intensity	Recovery	25-minute run Moderate intensity	Recovery	40-minute walk Brisk pace	Recovery	25-minute run (Intervals) Alternate 5 mins' light 5 mins' moderate intensity
Week 4	Recovery	35-minute run Low to moderate intensity	Recovery	25-minute run Moderate intensity	Recovery	Recovery	35-minute run Moderate intensity
Week 5	Recovery	20-minute run (Intervals) Alternate 5 mins' light 5 mins' moderate intensity	Recovery	20-minute run Light intensity	Recovery	20-minute run (Intervals) Alternate 5 mins' light 5 mins' moderate intensity	Recovery
Week 6	15-minute run Moderate intensity	Recovery	15-minute run Light intensity	Recovery	Active recovery/ 20- minute walk Low intensity	Recovery	EVENT DAY! Good Luck & Enjoy!

NB: This programme and accompanying information are written as a guide only. If you are concerned about your health at any stage please undergo a health check with your GP.