RUN2CURE
NEUROBLASTOMA



5K BEGINNER PROGRAM

This run-walk program is designed for someone who has not run 5k before (or is returning to running). You should be comfortable with the 1st week of training prior to starting. 12 weeks long, 3 runs per week.

You can be flexible regarding what days work best for your schedule to complete work-outs, just aim to keep a day in between runs while you start out to allow for proper run recovery.

Cross training and strength training are optional but highly recommended.

TERMINOLOGY



RUN-WALK

Alternating between running and walking, for a prescribed length of time. Runs should feel relatively relaxed and comfortable (don't forget to breathe!).



X-TRAIN

Cross Training. Cycling, swimming, HIIT and aerobic classes, etc. Enjoy other cardio, work-out activities.



STRENGTH

Staying strong is essential for success in running and can also assist with preventing injury. Pilates, at home strength, gym strength class, bootcamps, etc.

RUN2CURE NEUROBLASTOMA

Coach Jody Mullen, Athletics Australia

5K

5k PROGRAM - BEGINNER

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
12	1:1 run-walk x6	Rest	1:1 run-walk x5	Strength	Rest	500m run-1min walk x3	X-Train
11	2:1 run-walk x4	Rest	2:1 run-walk x3	Strength	Rest	1k run-90sec walk x2	X-Train
10	2:1 run-walk x5	Rest	2:1 run-walk x4	Strength	Rest	1.5k run-90sec walk-1k run	X-Train
9	3:1 run-walk x4	Rest	3:1 run-walk x3	Strength	Rest	1k run-1min walk x2	X-Train
8	4:1 run-walk x4	Rest	4:1 run-walk x3	Strength	Rest	2k run-90sec walk-1k run	X-Train
7	4:1 run-walk x5	Rest	4:1 run-walk x4	Strength	Rest	2.5k run-1min-walk-1k run	X-Train
6	5:1 run-walk x4	Rest	5:1 run-walk x3	Strength	Rest	3k run-90sec walk-1k run	X-Train
5	6:1 run-walk x4	Rest	6:1 run-walk x3	Strength	Rest	2k run-1min walk-1k run	X-Train
4	6:1 run-walk x5	Rest	6:1 run-walk x4	Strength	Rest	3.5k run-1min walk-1k run	X-Train
3	7:1 run-walk x5	Rest	7:1 run-walk x4	Strength	Rest	4k run-1min walk-1k run	X-Train
2	6:1 run-walk x5	Rest	6:1 run-walk x4	Strength	Rest	3k run-30sec walk-1k run	X-Train
1	6:1 run-walk x4	Rest	6:1 run-walk x3	30min walk	Rest	Rest	Run2Cure

EXAMPLE

Here's an example of how to manage your run-walk sessions.

- WEEK 8 -

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
8	4:1 run-walk x4	Rest	4:1 run-walk x3	Strength	Rest	2k run-90sec walk-1k run	X-Train

Warm-Up - Prior to all run-walk sessions, aim for a nice walking warm-up to get your body prepped for activity. Walk for a solid 10-15 minutes, shifting from easy walking to walking brisk with purpose. Once loosened up, you can start your run-walk session.

Monday - After warming up, start your run-walk intervals. Run for 4 minutes followed by walking for 1 minute, completing this sequence 4 times. In total, this is 20 minutes of run-walk intervals.

Saturday - After warming up, start your session. Run for 2k followed by walking for 90 seconds, then run another 1k to finish. In total, you'll have 3k of running plus 90sec of walking.



