

TRAINING PROGRAM

Running 5km

- This program was designed by [ThisMessyHappy](#)
- Run for 1 day and rest the next day
- Make sure you stretch after running. [Click here for stretching video](#)
- The ideal time to hit this would be in 9 weeks where you need to run 3-4 times a week.
- If you can't run 3-4 times a week, just do whatever you can based on your own timing

Date	Running plan	How did you feel after finishing it?
	Walk for 5 minutes 5 rounds of: 1 minute run 3 minute walk Walk for 5 minutes	
	Walk for 5 minutes 5 rounds of: 1 minute run 3 minute walk Walk for 4 minutes	
	Walk for 5 minutes 5 rounds of: 1 minute 30 seconds run 2 minutes and 30 seconds walk Walk for 5 minutes	
	Walk for 5 minutes 5 rounds of: 1 minute 30 seconds run 2 minutes and 30 seconds walk Walk for 5 minutes	
	Walk for 4 minutes 5 rounds of: 2 minutes run 2 minutes walk	

	Walk for 4 minutes	
	Walk for 4 minutes 5 rounds of: 2 minutes run 2 minutes walk Walk for 4 minutes	
	Walk for 4 minutes 3 rounds of: 2 minutes run 2 minutes walk 2 rounds of: 3 minutes run 2 minutes walk Walk for 4 minutes	
	Walk for 4 minutes 3 rounds of: 2 minutes run 2 minutes walk 2 rounds of: 3 minutes run 2 minutes walk Walk for 4 minutes	
	Walk for 4 minutes 2 rounds of: 3 minutes run 2 minutes walk 1 rounds of: 5 minutes run 2 minutes walk Walk for 4 minutes	
	Walk for 4 minutes Run for 1KM Walk for 4 minutes	
	Walk for 4 minutes 6 rounds of: 2 minutes run 2 minutes walk Walk for 4 minutes	

	<p>Walk for 4 minutes 2 rounds of: 2 minutes run 2 minutes walk 2 rounds of: 5 minutes run 2 minutes walk Walk for 4 minutes</p>	
	<p>Walk for 4 minutes 6 rounds of: 2 minutes and 30 seconds run 1 minute and 30 seconds walk Walk for 4 minutes</p>	
	<p>Walk for 4 minutes Run for 1.5KM Walk for 4 minutes</p>	
	<p>Walk for 4 minutes 6 rounds of: 2 minutes and 30 seconds run 1 minute and 30 seconds walk Walk for 4 minutes</p>	
	<p>Walk for 4 minutes 6 rounds of: 3 minutes run 2 minutes walk Walk for 4 minutes</p>	
	<p>Walk for 4 minutes Run for 2KM Walk for 4 minutes</p>	
	<p>Run for 4 minutes 6 rounds of: 2 minutes and 30 seconds run 1 minute and 30 seconds walk Walk for 4 minutes</p>	

	<p>Run for 4 minutes 6 rounds of: 3 minutes run 1 minute walk Walk for 4 minutes</p>	
	<p>Run for 4 minutes 5 rounds of: 4 minutes run 1 minute walk Walk for 4 minutes</p>	
	<p>Walk for 4 minutes Run for 2.5 KM Walk for 4 minutes</p>	
	<p>Run for 4 minutes 4 rounds of: 5 minute run 1 minute walk Walk for 4 minutes</p>	
	<p>Run for 4 minutes 6 rounds of: 4 minutes run 1 minute walk Walk for 4 minutes</p>	
	<p>Walk for 4 minutes Run for 3 KM Walk for 4 minutes</p>	
	<p>Run for 5 minutes 5 rounds of: 5 minutes run 1 minute walk Walk for 5 minutes</p>	
	<p>Run for 5 minutes 4 rounds of: 6 minutes run 1 minute walk Walk for 5 minutes</p>	

	Run for 5 minutes 4 rounds of: 7 minutes run 1 minute walk Walk for 5 minutes	
	Walk for 4 minutes Run for 4 KM Walk for 4 minutes	
	Walk for 5 minutes 5 rounds of: 7 minutes run 1 minute walk Walk for 5 minutes	
	Run for 5 minutes 5 rounds of: 4 minutes run 1 minute walk Walk for 5 minutes	
	Run for 5 KM	