

# 9 Weeks to 5K Weekly Plan

The below information sets out the sessions you will complete for the next 9 weeks. One session will be completed on the Thursday evening with the group and three more sessions should be completed on your own during the rest of week. The sessions will start from Emsworth Park and will commence at 6.30pm.

**Before taking part in this course you ideally need to be able to walk for 30min with no breaks.**

## **Week 1**

For the runs in Week 1, you will begin with a brisk 5-minute warm-up walk, then you will alternate 60 seconds of running, with 90 seconds of walking, for a total of 20 minutes.

## **Week 2**

For the runs in Week 2, you will begin with a brisk 5-minute warm-up walk then you will alternate 90 seconds of running, with 2 minutes of walking, for a total of 20 minutes.

## **Week 3**

For the runs in Week 3, you will begin with a brisk 5-minute warm-up walk followed by 2 repetitions of the following; 90 seconds of running, 90 seconds of walking, 3 minutes of running, 3 minutes of walking.

## **Week 4**

For the runs in Week 4, you will begin with a brisk 5-minute warm-up walk then 3 minutes of running, 90 seconds walking, 5 minutes running, 2 ½ minutes walking, 3 minutes running, 90 seconds walking, 5 minutes running.

## **Week 5**

There are three different workouts for this week. They are as follows:

- **Run 1:** brisk 5-minute warm-up walk, then 5 minutes running, 3 minutes walking, 5 minutes running, 3 minutes walking, 5 minutes running.
- **Run 2:** brisk 5-minute warm-up walk, then 8 minutes running, 5 minutes walking, 8 minutes running.
- **Run 3:** brisk 5-minute warm-up walk, then 20 minutes running, with no walking.

## **Week 6**

As with Week 5, there are three different runs for this week.

- **Run 1:** brisk 5-minute warm-up walk, then 5 minutes running, 3 minutes walking, 8 minutes running, 3 minutes walking, 5 minutes running.
- **Run 2:** brisk 5-minute warm-up walk, then 10 minutes running, 3 minutes walking, 10 minutes running
- **Run 3:** brisk 5-minute warm-up walk, then 25 minutes running with no walking.

## **Week 7**

For the runs in Week 7, you will begin with a brisk 5-minute warm-up walk then 25 minutes of running.

From now on, the plan gets you used to running for solid blocks of time, without the distraction of walking intervals.

## **Week 8**

For the runs in Week 8, you will begin with a brisk 5-minute warm-up walk then 28 minutes of running.

By now, you should be getting comfortable with the longer runs but you still need to concentrate on completing the 28 minutes without going too fast.

## **Week 9**

For the runs in Week 9, you will begin with a brisk 5-minute warm-up walk then 30 minutes of running.

You've nearly reached the end of your programme and you've made some great progress. This is the week when you can reach your goal. Well done!