

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Session 1	Walk 2 mins, then run for 1:30 Repeat 6 times	Walk 2 mins, run for 2:30 Repeat 6 times	Walk 2 mins, run for 3 mins Repeat 6 times	Walk for 1:30, run for 3 mins Repeat 6 times	Walk for 1 min, run for 4 mins Repeat 5 times	Walk 1 min, run for 5 mins Repeat 4 times
Session 2	Walk 2 mins, run for 2 mins Repeat 4 times	Walk 2 mins, run for 3 mins Repeat 4 times	Walk 2 mins, run for 3 mins Repeat 6 times	Walk for 1:30, run for 4 mins Repeat 6 times	Walk for 1 min, run for 4 mins Repeat 5 times	Rest before your 5k
Session 3	Walk 2 mins, run for 2 mins Repeat 5 times	Walk 2 mins, run for 3 mins Repeat 5 times	Walk 2 mins, run for 4 mins Repeat 5 times	Walk for 1:30, run for 4:30 Repeat 5 times	Walk for 1 min, run for 4 mins Repeat 5 times	5k day! Good luck
Session 4	30 mins fast walk	45 mins fast walk	1 hour fast walk	45 minutes fast walk	Walk for 1 min, run for 4 mins	