



5KM
LEE RYAN
Coach

WEEK 3 TRAINING PROGRAMME



DAY 1

5-minute warm up
5 x 4-minute run
with 1-minute walk
5-minute cool down



DAY 2

5-minute warm up
15-minute run
10-minute HIIT
5-minute cool down



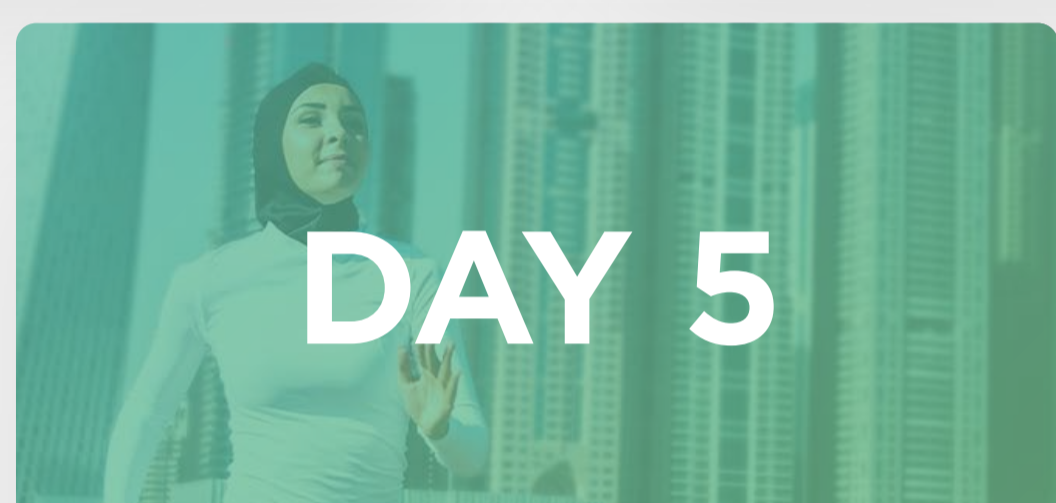
DAY 3

5-minute warm up
3km TT
5-minute slow jog
5-minute walk
5-minute cool down



DAY 4

Rest day
45-minute walk



DAY 5

30-minute slow jog
Rest



DAY 6

15 x 1-minute hard runs
with a minute of rest
in between



DAY 7

30-minute walk
Or
30-minute yoga/stretching

THIS WEEK'S TIPS AND TRICKS

This is the week for big changes to your mind and body. You will feel it, and your friends and family will notice it too. Over the next seven days, be accountable for your own performance in training, including working days, rest days and mental breaks. Train hard, but recover harder!

Day 1 run segments should be fast run or tempo run

Day 2 run segments should be fast run with HIIT - HIIT 30 seconds, which works best with 30 seconds of rest. You could do bodyweight squats, push ups, sit ups, burpees, planking, squat jumps, lunges, walk-sit, crunches, mountain climbers and more

Day 3 run segments should include a 3km tempo run, followed by a slow jog or recovery run

Day 4 get outdoors and go for a walk with friends or family

Day 5 is a slow and continuous run. Go as slow as needed without walking, the aim is to be able to run nonstop for 30 minutes, which is a huge milestone

Day 6 is a 1 minute hard run (tempo or fast run) that focuses on keeping the feet quick, then do a walking recovery or stand if needed

Day 7 go for a recovery walk. Never underestimate the power and positive energy you can get from a good walk

TAG US DURING YOUR TRAINING!

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