

COOK MEDICAL Womens MINI MARATHON



8 Week Training Plan for 5KM

Day	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Week 1	15 mins Walk / Run	Rest	15 mins Walk / Run	Rest	Rest	20 mins Walk / Run	Rest
Week 2	15 mins Walk / Run	Rest	15 mins Walk / Run	Rest	Rest	25 mins Walk / Run	Rest
Week 3	20 mins Walk / Run	Rest	20 mins Walk / Run	Rest	Rest	30 mins Walk / Run	Rest
Week 4	20 mins Walk / Run	Rest	20 mins Walk / Run	Cross Train 20 mins	Rest	30 mins Walk / Run	Rest
Week 5	20 mins Walk / Run	Rest	25 mins Walk / Run	Cross Train 20 mins	Rest	30 mins Walk / Run	Rest
Week 6	25 mins Walk / Run	Rest	25 mins Walk / Run	Cross Train 20 mins	Rest	40 mins Walk / Run	Rest
Week 7	25 mins Walk / Run	Rest	25 mins Walk / Run	Cross Train 25 mins	Rest	45 mins Walk / Run	Rest
Week 8	20 mins Walk / Run	Rest	20 mins Walk / Run	Rest	Rest	10 mins Walk / Run	5KM

Notes:

- (1) Consult a GP before commencing any training plan.
- (2) Always warm-up with stretches before starting.
- (3) Bring water with you on your run / walk.
- (4) Walk / Run – You should be able to hold a conversation at all times. If you can't, you're working too hard!
- (5) Cross Train – Cycling, Swimming, Conditioning, Spinning, etc