



GET RUN READY WITH BUBBA ALI

CENTRA
RUN
TOGETHER

5K TRAINING PLAN

This is a Couch to 5k Training plan so each week will be a combination of running and walking.

With this run plan we have 2 days running with walking intervals. Each week the progressions are aimed to give you more confidence to run further with less breaks.

Also as an addition to your training we have added some basic guidance on some strength exercises to help condition your legs and help you get stronger also helping to keep injuries away.

DO MAKE SURE TO WARM UP AND STRETCH BEFORE ALL TRAINING DAYS.

WEEK ONE

MONDAY	24 MINUTES: RUN 1 MIN; WALK 2 MINS X8
TUESDAY	REST
WEDNESDAY	20 MINUTES: RUN 1 MIN; WALK 1 MIN X10
THURSDAY	SQUATS - 20 REPS
FRIDAY	REST
SATURDAY	SQUATS - 20 REPS
SUNDAY	REST

WEEK TWO

MONDAY	18 MINUTES: RUN 2 MINS; WALK 1 MIN X6
TUESDAY	REST
WEDNESDAY	25 MINUTES: RUN 3 MINS; WALK 2 MINS X5
THURSDAY	SQUATS
FRIDAY	REST
SATURDAY	SQUATS
SUNDAY	REST

WEEK THREE

MONDAY	24 MINS: RUN 4 MINS; WALK 2 MINS X4
TUESDAY	SQUATS
WEDNESDAY	REST
THURSDAY	24 MINS: RUN 6 MINS; WALK 2 MINS X3
FRIDAY	WALKING LUNGES X20
SATURDAY	SQUATS AND LUNGES X10 X3
SUNDAY	REST

WEEK FOUR

MONDAY	24 MINS: RUN 7 MINS; WALK 1 MIN X3
TUESDAY	WALKING LUNGES X10 X3
WEDNESDAY	REST
THURSDAY	28 MINS: RUN 6 MINS; WALK 1 MIN X4
FRIDAY	SQUATS X10 X3
SATURDAY	REST
SUNDAY	SQUATS AND LUNGES X10 X3

WEEK FIVE

MONDAY	30 MINS: RUN 5 MINS; WALK 1 MIN X5
TUESDAY	STRENGTH CARDIO SESSION
WEDNESDAY	REST
THURSDAY	32 MINS: RUN 7 MINS; WALK 1 MIN X4
FRIDAY	REST
SATURDAY	STRENGTH CARDIO SESSION
SUNDAY	REST

WEEK SIX

MONDAY	39 MINS: RUN 10 MINS; WALK 3 MINS X3
TUESDAY	STRENGTH CARDIO SESSION
WEDNESDAY	REST
THURSDAY	40 MINS: RUN 11 MINS; WALK 3 MINS X3
FRIDAY	REST
SATURDAY	STRENGTH CARDIO SESSION
SUNDAY	REST

STRENGTH CARDIO:

SQUATS X10 X4
WALKING LUNGES X10 X4
STAR JUMPS OR SKIPPING 30 SECS X2

WEEK SEVEN

MONDAY	42 MINS: RUN 12 MINS; WALK 2 MINS X3
TUESDAY	STRENGTH CARDIO SESSION
WEDNESDAY	REST
THURSDAY	41 MINS: RUN 15 MINS; WALK 3 MINS; RUN 12 MINS; WALK 1 MIN; RUN 10 MINS
FRIDAY	REST
SATURDAY	STRENGTH CARDIO SESSION
SUNDAY	REST

WEEK EIGHT

MONDAY	44 MINS: RUN 20 MINS; WALK 2 MINS X2
TUESDAY	STRENGTH CARDIO SESSION
WEDNESDAY	REST
THURSDAY	44 MINS: RUN 25 MINS; WALK 2 MINS; RUN 17 MINS
FRIDAY	REST
SATURDAY	STRENGTH CARDIO SESSION
SUNDAY	REST

STRENGTH CARDIO:

SQUATS X10 X4
WALKING LUNGES X10 X4
STAR JUMPS OR SKIPPING 30 SECS X3

STRENGTH CARDIO:

SQUATS X10 X4
WALKING LUNGES X10 X4
STAR JUMPS OR SKIPPING 30 SECS X4

WEEK NINE

MONDAY	30 MINS RUN
TUESDAY	REST
WEDNESDAY	REST
THURSDAY	RECOVERY WALK 6KM
FRIDAY	REST
SATURDAY	REST
SUNDAY	RACE DAY

17th | **10.00^{am}**
OCT | **ORMEAU PARK**

GOOD LUCK...
START STEADY...
RUN HARD.