



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.

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

WEEK ONE

MONDAY	2KM WALK
TUESDAY	BODYWEIGHT STRENGTH
WEDNESDAY	2KM RUN/SLOW WALK
THURSDAY	REST
FRIDAY	BODYWEIGHT STRENGTH
SATURDAY	2KM RUN
SUNDAY	REST

WEEK TWO

MONDAY	2KM WALK
TUESDAY	BODYWEIGHT STRENGTH
WEDNESDAY	3KM RUN/SLOW WALK
THURSDAY	REST
FRIDAY	BODYWEIGHT STRENGTH
SATURDAY	2KM RUN
SUNDAY	REST

WEEK THREE

MONDAY	3KM WALK
TUESDAY	BODYWEIGHT STRENGTH
WEDNESDAY	3KM RUN/SLOW WALK
THURSDAY	REST
FRIDAY	BODYWEIGHT STRENGTH
SATURDAY	3KM RUN
SUNDAY	REST

WEEK FOUR

MONDAY	3KM WALK
TUESDAY	BODYWEIGHT STRENGTH
WEDNESDAY	2KM RUN/SLOW WALK
THURSDAY	REST
FRIDAY	BODYWEIGHT STRENGTH
SATURDAY	3KM RUN
SUNDAY	REST

WEEK FIVE

MONDAY	4KM WALK
TUESDAY	BODYWEIGHT STRENGTH
WEDNESDAY	4KM RUN/SLOW WALK
THURSDAY	REST
FRIDAY	BODYWEIGHT STRENGTH
SATURDAY	4KM RUN
SUNDAY	REST

WEEK SIX

MONDAY	5KM WALK
TUESDAY	BODYWEIGHT STRENGTH
WEDNESDAY	5KM RUN/SLOW WALK
THURSDAY	REST
FRIDAY	BODYWEIGHT STRENGTH
SATURDAY	5KM RUN
SUNDAY	REST

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

22nd
OCT

11^{am}
ORMEAU PARK
BELFAST