

LEARN TO RUN 5KM

WINTER RUNNING
EDITION

MONDAY

FOCUS: Flexibility
& mindfulness

TIP: Try a [Yoga for
Mental Health &
Wellbeing](#) class



TUESDAY RUN DAY!



WEDNESDAY REST DAY



THURSDAY

FOCUS: Resistance/
strength

TIP: Try a
[Sculpt](#) class



FRIDAY* RUN DAY!

*Or take a rest day if
you need it!



SATURDAY REST DAY



SUNDAY RUN DAY!



CAMPUS & COMMUNITY
RECREATION

LEARN TO RUN

5KM

WINTER RUNNING EDITION

WEEK 1

2-3 DAYS A WEEK

WARM-UP: 5 minute brisk walk

RUN: 1 min run, walk 90 sec x 8
(20 mins)

WEEK 3

2-3 DAYS A WEEK

WARM-UP: 5 minute brisk walk

RUN: 2 min run, walk 90 sec x 6
(21 mins)

WEEK 5

2-3 DAYS A WEEK

WARM-UP: 5 minute brisk walk

RUN: 4 min run, 1 min walk x 5
(20 mins)

WEEK 7

2-3 DAYS A WEEK

WARM-UP: 5 minute brisk walk

RUN: 5 min run, 90 sec walk x 4
(26 mins)

WEEK 9

2-3 DAYS A WEEK

WARM-UP: 5 minute brisk walk

RUN: 7 min run, walk 90 sec x 3
(25.5 mins)

WEEK 11

2-3 DAYS A WEEK

WARM-UP: 5 minute brisk walk

RUN: 9 min run, walk 90 sec x 3
(31.5 mins)

WEEK 2

2-3 DAYS A WEEK

WARM-UP: 5 minute brisk walk

RUN: 90 sec run, 90 sec walk x 7
(21 mins)

WEEK 4

2-3 DAYS A WEEK

WARM-UP: 5 minute brisk walk

RUN: 3 min run, 90 sec walk x 5
(22.5 mins)

WEEK 6

2-3 DAYS A WEEK

WARM-UP: 5 minute brisk walk

RUN: 4.5 min run, 1 min walk x 5
(27.5 mins)

WEEK 8

2-3 DAYS A WEEK

WARM-UP: 5 minute brisk walk

RUN: 6 min run, walk 1 min x 4
(28 mins)

WEEK 10

2-3 DAYS A WEEK

WARM-UP: 5 minute brisk walk

RUN: 8 min run, walk 1 min x 3
(27 mins)

WEEK 12

2-3 DAYS A WEEK

WARM-UP: 5 minute brisk walk

RUN: 10 min run, 1 min walk
(until you complete 5 KM)

