




SALESIAN COLLEGE DESK TO 5KM PLAN



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------|---|---------|---|---|---|--|--|
| WEEK 1 | | | 5MIN WALK WARM UP <u>RUN 1MIN</u> <u>WALK 90 SEC X 6</u> 5MIN WALK COOL DOWN | 5MIN WALK WARM UP <u>RUN 1MIN</u> <u>WALK 90 SEC X 8</u> 5MIN WALK COOL DOWN | REST DAY | 5MIN WALK WARM UP <u>RUN 1MIN</u> <u>WALK 60 SEC X 10</u> 5MIN WALK COOL DOWN | REST DAY OR ACTIVE RECOVERY DO SOMETHING YOU ENJOY!! |
| WEEK 2 | 5MIN WALK WARM UP <u>RUN 90 SEC</u> <u>WALK 90 SEC X 8</u> 5MIN WALK COOL DOWN | | | 5MIN WALK WARM UP <u>RUN 90 SEC</u> <u>WALK 60 SEC X 8</u> 5MIN WALK COOL DOWN | REST DAY | 5MIN WALK WARM UP <u>RUN 2MIN</u> <u>WALK 90 SEC X 8</u> 5MIN WALK COOL DOWN | REST DAY OR ACTIVE RECOVERY DO SOMETHING YOU ENJOY!! |
| WEEK 3 | 5MIN WALK WARM UP <u>RUN 2MIN</u> <u>WALK 60 SEC X 10</u> 5MIN WALK COOL DOWN | | HALFWAY THERE KEEP IT UP!  | 5MIN WALK WARM UP <u>RUN 3MIN</u> <u>WALK 2MIN X 8</u> 5MIN WALK COOL DOWN | REST DAY | 5MIN WALK WARM UP <u>RUN 4 MIN</u> <u>WALK 2 SEC X 6</u> 5MIN WALK COOL DOWN | REST DAY OR ACTIVE RECOVERY DO SOMETHING YOU ENJOY!! |
| WEEK 4 | 5MIN WALK WARM UP <u>RUN 8 MIN</u> <u>WALK 5MIN X 2</u> 5MIN WALK COOL DOWN | | 5MIN WALK WARM UP <u>RUN 5 MIN</u> <u>WALK 2 MIN X 4</u> 5MIN WALK COOL DOWN | | 5MIN WALK WARM UP <u>10 MIN RUN</u> <u>5MIN WALK X 3</u> 5MIN WALK COOL DOWN | 5MIN WALK WARM UP <u>10MIN RUN</u> <u>5MIN WALK X 3</u> 5MIN WALK COOL DOWN | 5MIN WALK WARM UP <u>20 MIN SLOW JOG</u> 5MIN WALK COOL DOWN |
| WEEK 5 | 5MIN WALK WARM UP <u>RUN 2 MIN</u> <u>WALK 2 MIN X 10</u> 5MIN WALK COOL DOWN | | REST GET PLENTLY OF SLEEP, WATER & FUEL BEST OF LUCK! | SCHOOL 5K THURSDAY THE 5TH OF MAY Well done you made it !!! 😊 | | | |