



## Maybole Men's Health Forum 5km Training Programme

### Beginner Runners Programme

<b>Week</b>	<b>Programme</b>	<b>Repetitions</b>	<b>Days</b>
1	Run 3min walk 2min	repeat 4 times	3 days
2	Run 4min walk 2min	repeat 4 times	3 days
3	Run 4min walk 1.5min	repeat 4 times	3 days
4	Run 5min walk 1.5min	repeat 4 times	3 days

### Novice Runners Programme

<b>Week</b>	<b>Programme</b>	<b>Repetitions</b>	<b>Days</b>
1	Run 6min walk 2min	repeat 3 times	3 days
2	Run 8min walk 2min	repeat 3 times	3 days
3	Run 8min walk 1.5min	repeat 3 times	3 days
4	Run 10min walk 1.5min	repeat 3 times	3 days

### Intermediate Runners Programme

<b>Week</b>	<b>Programme</b>	<b>Repetitions</b>	<b>Days</b>
1	Run 12min walk 1min	repeat 3 times	3 days
2	Run 15min walk 1.5min	repeat 3 times	3 days
3	Run 15min walk 1.5min	repeat 3 times	3 days
4	Run 15min walk 1min	repeat 3 times	3 days