




5 KM 10 WEEK TRAINING PLAN



The Do What You Want 10 week training plan is cunningly designed to fit seamlessly into your life. This is not a training plan dictatorship - if you feel the need to binge watch Netflix on the same day as your long run...change your long run.

So instead of a daily assignment, we bring you seven priority levels each week for you to allocate as you see fit. There are a few rules though (let's call them tips) to help you get the best out of this plan. See overleaf.

	P1	P2	P3	P4	P5	P6	P7
WEEK 1	x4 1W/1J	3 km walk	2 km walk	rest	rest	rest	rest
WEEK 2	x6 1W/1J	x4 1W/1J	2 km walk	rest	rest	rest	rest
WEEK 3	x6 2W/2J	x6 1.5W/1.5J	3 km walk	rest	rest	rest	rest
WEEK 4	x5 3W/4J	x6 2W/2J	4 km walk	rest	rest	rest	rest
WEEK 5	x3 2W/8J	x5 3W/4J	x4 1W/1J	rest	rest	rest	rest
WEEK 6	x2 2W/10J	x3 2W/8J	x6 1W/1J	rest	rest	rest	rest

	P1	P2	P3	P4	P5	P6	P7
WEEK 7	x1 15J	x2 2W/10J	x6 1.5W/1.5J	4 km walk	rest	rest	rest
WEEK 8	x1 20J	x1 15J	x6 2W/2J	4 km walk	rest	rest	rest
WEEK 9	x1 25 run	x1 20J	x2 2W/10J	4 km walk	rest	rest	rest
WEEK 10		x1 15J	3 km walk	3 km walk	rest	rest	rest

- * Priority 1 and Priority 2 should not be done back to back. Make sure you have at least one day of Priority 3, Priority 4 or Rest in between P1 & P2.
- * P1, P3 & P4 should all be done at a comfortable, but steady pace. You should be able to maintain a conversation with your running buddy.
- * x4 1W/1J means 1 **min** walk then 1 **min** jog four times. Here's another example x3 2W/8J means 2 min walk then 8 min jog three times. 1.5W = 90sec walk etc.
- * On event week make sure you have at least 2 days rest before your 5km event at the Whangamatā Half Marathon.



Many thanks to CK Coaching, who created this plan for the PWYW Tauranga Half Marathon.

CK Coaching is all about helping people find the balance between their normal lives and fulfilling their sporting goals.

