



V5k Wairepo5k October 31st (1.30 – 4.00pm)

10 Week Training Programme Runners

Before commencing this programme we suggest you need to be able to walk for one hour and recommend you complete a short free health check, contact Penny on 546 8385 for an appointment. All enquiries to Gareth, Victory Community Centre, ph 546 8389.

| Week | Monday | Wednesday | Friday |
|------|---|--|--|
| 1 | Rest | 30-45 minute walk. Discuss programme. Meet other participants. | Rest |
| 2 | 5 minute walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes. | 5 minute walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes. | 5 minute walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes. |
| 3 | 5 minute walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes | 5 minute walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes | 5 minute walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes |
| 4 | 5 minute walk, then do 2 repetitions of the following: Jog 90 seconds;Walk or 90 seconds;-Jog 3 minutes; Walk 3 minutes | 5 minute walk, then do 2 repetitions of the following:Jog 90 seconds;Walk or 90 seconds;Jog 3 minutes;Walk 3 minutes | 5 minute walk, then do 2 repetitions of the following: Jog 90 seconds;Walk or 90 seconds;Jog 3 minutes;Walk 3 minutes |
| 5 | 5 minute walk, then: Jog 3 mins;Walk 90 seconds;Jog 5 mins;Walk 2-1/2 mins;Jog 3 mins;Walk 90 seconds; Jog 5 mins | 5 minute walk, then: Jog 3 mins;Walk 90 seconds;Jog 5 mins;Walk 2 1/2 mins;Jog 3 mins ; Walk 90 seconds;Jog 5 mins | 5 minute walk, then: Jog 3 mins;Walk 90 seconds; Jog 5 mins;Walk 2-1/2 minutes; Jog 3 mins;Walk 90 seconds; Jog 5 mins |
| 6 | 5 minute walk, then:Jog 5mins;Walk 3 mins; Jog 5 mins;Walk 3 mins;Jog 5 mins | 5 minute walk, then:Jog 5 minutes;Walk 3 mins;Jog 5 minutes;Walk 3 minutes; Jog 5 mins | 5 minute walk, then:Jog 5mins; Walk 3 mins;Jog 5 minutes;Walk 3 minutes;Jog 5 mins |
| 7 | 5 minute walk, then:Jog 5 mins;Walk 3 mins;Jog 8 mins; Walk 3 minutes;Jog 5 mins | 5 minute walk, then:Jog 5 minutes;Walk 3 mins;Jog 8 minutes;Walk 3 minutes; Jog 5 mins | 5 minute walk, then:Jog 5 mins; Walk 3 mins;Jog 8 mins;Walk 3 mins;Jog 5 mins |
| 8 | 5 minute walk, then Jog 25 minutes | 5 minute walk, then Jog 25 minutes | 5 minute walk, then Jog 25 minutes |
| 9 | 5 minute walk, then Jog 28 minutes | 5 minute walk, then Jog 28 minutes | 5 minute walk, then Jog 28 minutes |
| 10 | 5 minute walk, then Jog 30 minutes | 5 minute walk, then Jog 30 minutes | 5 minute walk, then Jog 30 minutes |



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Rest Days:
Tues, Thurs, Sat & Sun.
Run at a pace that you are able to talk comfortably
Wear footwear that is suitable for running
Always make your sessions longer before you make them harder
If you are running early in the morning or in the evening wear reflective clothing or carry a light. Make sure you can be seen
Keep of the road

www.knowyournumbers.co.nz

