



# BEGINNERS TRAINING PROGRAMME

SOUTHERN Daily Echo

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
<b>Monday</b>	REST	REST	REST	REST	REST	REST
<b>Tuesday</b>	Run 1 Min Walk 2 Mins Repeat x 8	Run 2 Mins Walk 2 Mins Repeat x 5	Run 5 Mins Walk 3 Mins Repeat x 4	Run 7 Mins Walk 2 Mins Repeat x 4	Run 9 Mins Walk 2 Mins Repeat x 3	Run 15 Mins Walk 1 Min Repeat x 2
<b>Wednesday</b>	REST	REST	REST	REST	REST	REST
<b>Thursday</b>	Run 1 Min Walk 1 Min Repeat x 12	Run 3 Mins Walk 4 Mins Repeat x 4	Run 6 Mins Walk 3 Mins Repeat x 4	Run 8 Mins Walk 2 Mins Repeat x 3	Run 10 Mins Walk 2 Mins Repeat x 3	Run 9 Mins Walk 1 Min Repeat x 3
<b>Friday</b>	30mins light weights session in or out of the gym incorporating all muscle groups	30mins core stability exercises including abdomen	30mins light weights session in or out of the gym incorporating all muscle groups	30mins core stability exercises including abdomen	30mins light weights session in or out of the gym incorporating all muscle groups	30mins core stability exercises including abdomen
<b>Saturday</b>	REST	REST	REST	REST	REST	REST
<b>Sunday</b>	Run 2 Mins Walk 3 Mins Repeat x 4	Run 4 Mins Walk 3 Mins Repeat x 5	Run 6 Mins Walk 2 Mins Repeat x 5	Run 10 Mins Walk 4 Mins Repeat x 2	Run 13 Mins Walk 1 Min Repeat x 2	<b>RACE FOR LIFE DAY!</b>