

Love2Run 5k Schedule: January – March 2018

Date	Week	Workout 1 At The Track (Mondays 7.30 pm)	Workout 2 At Eton Manor (Thursdays 7.30 pm)	Workout 3 Your Choice (Saturdays)
22 Jan	1	Brisk five-minute warm-up walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.	Brisk five-minute warm-up walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.	Brisk five-minute warm-up walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.
29 Jan	2	Brisk five-minute warm-up walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.	Brisk five-minute warm-up walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.	Brisk five-minute warm-up walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.
5 Feb	3	Brisk five-minute warm-up walk, then do two repetitions of the following: <ul style="list-style-type: none"> • Jog for 90 seconds • Walk for 90 seconds • Jog 3 minutes • Walk 3 minutes • Jog for 90 seconds • Walk for 90 seconds 	Brisk five-minute warm-up walk, then do two repetitions of the following: <ul style="list-style-type: none"> • Jog 90 seconds • Walk 90 seconds • Jog 3 minutes • Walk 3 minutes • Jog for 90 seconds • Walk for 90 seconds 	Brisk five-minute warm-up walk, then do two repetitions of the following: <ul style="list-style-type: none"> • Jog 90 seconds • Walk 90 seconds • Jog 3 minutes • Walk 3 minutes • Jog for 90 seconds • Walk for 90 seconds
12 Feb	4	Brisk five-minute warm-up walk, then: <ul style="list-style-type: none"> • Jog 3 minutes • Walk 90 seconds • Jog 5 minutes • Walk 2-1/2 minutes • Jog 3 minutes • Walk 90 seconds • Jog 5 minutes • Walk 2-1/2 minutes 	Brisk five-minute warm-up walk, then: <ul style="list-style-type: none"> • Jog 3 minutes • Walk 90 seconds • Jog 5 minutes • Walk 2-1/2 minutes • Jog 3 minutes • Walk 90 seconds • Jog 5 minutes • Walk 2-1/2 minutes 	Brisk five-minute warm-up walk, then: <ul style="list-style-type: none"> • Jog 3 minutes • Walk 90 seconds • Jog 5 minutes • Walk 2-1/2 minutes • Jog 3 minutes • Walk 90 seconds • Jog 5 minutes • Walk 2-1/2 minutes
19 Feb	5	Brisk five-minute warm-up walk, then: <ul style="list-style-type: none"> • Jog 5 minutes • Walk 3 minutes • Jog 5 minutes • Walk 3 minutes • Jog 5 minutes • Walk 3 minutes 	Brisk five-minute warm-up walk, then: <ul style="list-style-type: none"> • Jog 5 minutes • Walk 3 minutes • Jog 5 minutes • Walk 3 minutes • Jog 5 minutes • Walk 3 minutes 	Brisk five-minute warm-up walk, then jog 15 minutes with no walking. Finish with walking for 5 minutes at a steady pace
26 Feb	6	Brisk five-minute warm-up walk, then: <ul style="list-style-type: none"> • Jog 5 minutes • Walk 3 minutes • Jog 8 minutes • Walk 3 minutes • Jog 5 minutes • Walk 3 minutes 	Brisk five-minute warm-up walk, then: <ul style="list-style-type: none"> • Jog 5 minutes • Walk 3 minutes • Jog 8 minutes • Walk 3 minutes • Jog 5 minutes • Walk 3 minutes 	Brisk five-minute warm-up walk, then jog 20 minutes with no walking. Finish with walking for 5 minutes at a steady pace
5 Mar	7	Brisk five-minute warm-up walk, then: <ul style="list-style-type: none"> • Jog 8 minutes • Walk 2 minutes • Jog 8 minutes • Walk 2 minutes • Jog 8 minutes & walk 2 	Brisk five-minute warm-up walk, then: <ul style="list-style-type: none"> • Jog 8 minutes • Walk 2 minutes • Jog 8 minutes • Walk 2 minutes • Jog 8 minutes & walk 2 	Brisk five-minute warm-up walk, then jog 25 minutes with no walking. Finish with walking for 5 minutes at a steady pace .
12 Mar	8	Brisk five-minute warm-up walk, then: <ul style="list-style-type: none"> • Jog 10 minutes • Walk 3 minutes • Jog 10 minutes • Walk 2 minutes • Jog 5 minutes • Walk 2 minutes 	Brisk five-minute warm-up walk, then: <ul style="list-style-type: none"> • Jog 10 minutes • Walk 3 minutes • Jog 10 minutes • Walk 2 minutes • Jog 5 minutes • Walk 2 minutes 	Brisk five-minute warm-up walk, then jog 30 minutes with no walking. Finish with walking for 5 minutes at a steady pace
19 Mar	9	Brisk five-minute warm-up walk, then jog 30 minutes with no walking. Finish with walking for 5 minutes at a steady pace	Brisk five-minute warm-up walk, then jog 30 minutes with no walking. Finish with walking for 5 minutes at a steady pace. CONGRATULATIONS – you have completed your final training session. Good luck for the 5k run.	Saturday 24 March @ 9 am: Target 5 k run Hackney Marshes Parkrun

Venues:

Track:

Walthamstow Feel Good Centre, 170 Chingford Road, Walthamstow. E17 5AA

Club:

Eton Manor Athletics Club, The Cottage, Jubilee Park, Marsh Lane, Leyton. E10 7BL