

## 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"> <li>• Jog for 90 seconds</li> <li>• Walk for 90 seconds</li> <li>• Jog 3 minutes</li> <li>• Walk 3 minutes</li> <li>• Jog for 90 seconds</li> <li>• Walk for 90 seconds</li> </ul>	Brisk five-minute warm-up walk, then do two repetitions of the following: <ul style="list-style-type: none"> <li>• Jog 90 seconds</li> <li>• Walk 90 seconds</li> <li>• Jog 3 minutes</li> <li>• Walk 3 minutes</li> <li>• Jog for 90 seconds</li> <li>• Walk for 90 seconds</li> </ul>	Brisk five-minute warm-up walk, then do two repetitions of the following: <ul style="list-style-type: none"> <li>• Jog 90 seconds</li> <li>• Walk 90 seconds</li> <li>• Jog 3 minutes</li> <li>• Walk 3 minutes</li> <li>• Jog for 90 seconds</li> <li>• Walk for 90 seconds</li> </ul>
12 Feb	4	Brisk five-minute warm-up walk, then: <ul style="list-style-type: none"> <li>• Jog 3 minutes</li> <li>• Walk 90 seconds</li> <li>• Jog 5 minutes</li> <li>• Walk 2-1/2 minutes</li> <li>• Jog 3 minutes</li> <li>• Walk 90 seconds</li> <li>• Jog 5 minutes</li> <li>• Walk 2-1/2 minutes</li> </ul>	Brisk five-minute warm-up walk, then: <ul style="list-style-type: none"> <li>• Jog 3 minutes</li> <li>• Walk 90 seconds</li> <li>• Jog 5 minutes</li> <li>• Walk 2-1/2 minutes</li> <li>• Jog 3 minutes</li> <li>• Walk 90 seconds</li> <li>• Jog 5 minutes</li> <li>• Walk 2-1/2 minutes</li> </ul>	Brisk five-minute warm-up walk, then: <ul style="list-style-type: none"> <li>• Jog 3 minutes</li> <li>• Walk 90 seconds</li> <li>• Jog 5 minutes</li> <li>• Walk 2-1/2 minutes</li> <li>• Jog 3 minutes</li> <li>• Walk 90 seconds</li> <li>• Jog 5 minutes</li> <li>• Walk 2-1/2 minutes</li> </ul>
19 Feb	5	Brisk five-minute warm-up walk, then: <ul style="list-style-type: none"> <li>• Jog 5 minutes</li> <li>• Walk 3 minutes</li> <li>• Jog 5 minutes</li> <li>• Walk 3 minutes</li> <li>• Jog 5 minutes</li> <li>• Walk 3 minutes</li> </ul>	Brisk five-minute warm-up walk, then: <ul style="list-style-type: none"> <li>• Jog 5 minutes</li> <li>• Walk 3 minutes</li> <li>• Jog 5 minutes</li> <li>• Walk 3 minutes</li> <li>• Jog 5 minutes</li> <li>• Walk 3 minutes</li> </ul>	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"> <li>• Jog 5 minutes</li> <li>• Walk 3 minutes</li> <li>• Jog 8 minutes</li> <li>• Walk 3 minutes</li> <li>• Jog 5 minutes</li> <li>• Walk 3 minutes</li> </ul>	Brisk five-minute warm-up walk, then: <ul style="list-style-type: none"> <li>• Jog 5 minutes</li> <li>• Walk 3 minutes</li> <li>• Jog 8 minutes</li> <li>• Walk 3 minutes</li> <li>• Jog 5 minutes</li> <li>• Walk 3 minutes</li> </ul>	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"> <li>• Jog 8 minutes</li> <li>• Walk 2 minutes</li> <li>• Jog 8 minutes</li> <li>• Walk 2 minutes</li> <li>• Jog 8 minutes &amp; walk 2</li> </ul>	Brisk five-minute warm-up walk, then: <ul style="list-style-type: none"> <li>• Jog 8 minutes</li> <li>• Walk 2 minutes</li> <li>• Jog 8 minutes</li> <li>• Walk 2 minutes</li> <li>• Jog 8 minutes &amp; walk 2</li> </ul>	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"> <li>• Jog 10 minutes</li> <li>• Walk 3 minutes</li> <li>• Jog 10 minutes</li> <li>• Walk 2 minutes</li> <li>• Jog 5 minutes</li> <li>• Walk 2 minutes</li> </ul>	Brisk five-minute warm-up walk, then: <ul style="list-style-type: none"> <li>• Jog 10 minutes</li> <li>• Walk 3 minutes</li> <li>• Jog 10 minutes</li> <li>• Walk 2 minutes</li> <li>• Jog 5 minutes</li> <li>• Walk 2 minutes</li> </ul>	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. <b>CONGRATULATIONS</b> – 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