

## Love2Run 5k Schedule: January – April 2019 ( Page 2)

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)
25 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 12 minutes</li> <li>Walk 3 minutes</li> <li>Warm down walk 4 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
4 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 .
11 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
18 Mar	9	Brisk five-minute warm-up walk, then <ul style="list-style-type: none"> <li>Jog 11 minutes</li> <li>Walk 2minutes</li> <li>Jog 11 minutes</li> <li>Walk 2minutes</li> <li>Jog 4 minutes</li> </ul> Finish with walking for 5 minutes at a steady pace	Brisk five-minute warm-up walk, then <ul style="list-style-type: none"> <li>Jog 11 minutes</li> <li>Walk 2minutes</li> <li>Jog 11 minutes</li> <li>Walk 2minutes</li> <li>Jog 4 minutes</li> </ul> Finish with walking for 5 minutes at a steady pace	Brisk five-minute warm-up walk, then <ul style="list-style-type: none"> <li>Jog 11 minutes</li> <li>Walk 2 minutes</li> <li>Jog 11 minutes</li> <li>Walk 2minutes</li> <li>Jog 4 minutes</li> </ul> Finish with walking for 5 minutes at a steady pace
25 Mar	10	Brisk five-minute warm-up walk, then <ul style="list-style-type: none"> <li>Jog 12 minutes</li> <li>Walk 2 minutes</li> <li>Jog 12 minutes</li> <li>Jog 3 minutes</li> </ul> Finish with walking for 5 minutes at a steady pace	Brisk five-minute warm-up walk, then <ul style="list-style-type: none"> <li>Jog 12 minutes</li> <li>Walk 2 minutes</li> <li>Jog 12 minutes</li> <li>Jog 3 minutes</li> </ul> Finish with walking for 5 minutes at a steady pace.	Brisk five-minute warm-up walk, then <ul style="list-style-type: none"> <li>Jog 12 minutes</li> <li>Walk 2 minutes</li> <li>Jog 12 minutes</li> <li>Jog 3 minutes</li> </ul> Finish with walking for 5 minutes at a steady pace.
1 April	11	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.	Arrive with your bar code 08:45  Saturday 6 April @ 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

Graduation: April 6th