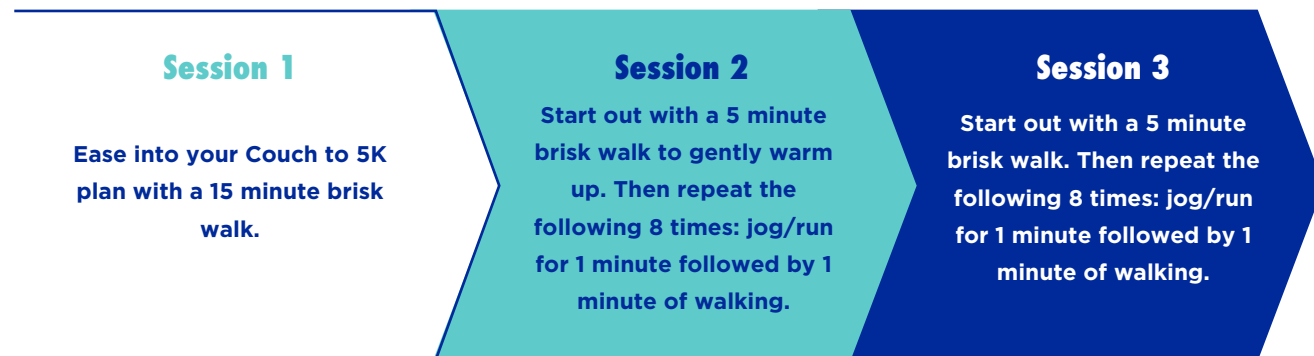


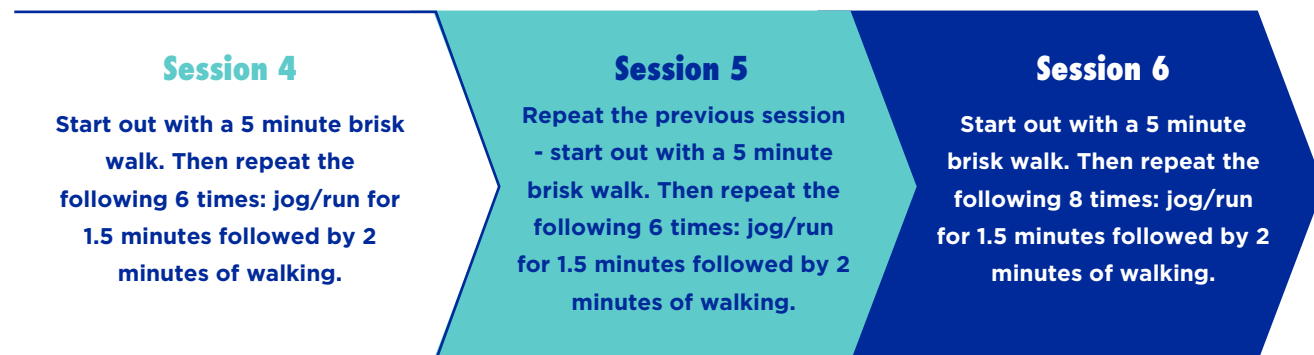
WEEK 1

The first week is all about gently getting moving. Go at a pace that's right for you. The aim is to be a little out of breath at the end of each session, but no more..



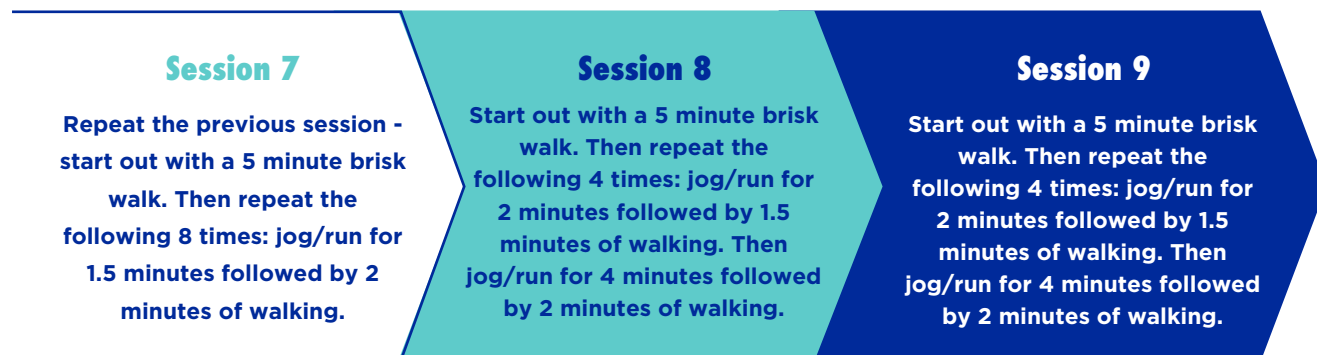
WEEK 2

Gently building on week one, this week sees the jogging segments of each session increase in length slightly. Keep these jogging segments nice and controlled. Use each walking segment to recover and gather your thoughts for the next jog.



WEEK 3

Once again, week three sees a gradual increase in the amount of time spent jogging. You'll build up to jogging for one four minute period in the second and third session - stay focused and try to keep your pace steady for the duration.



WEEK 4

Four weeks in and hopefully you have found a routine that works for you. This week's sessions build up the running segments once more and you're now running more than walking. Keep at it.

Session 10 Start out with a 5 minute brisk walk. Then repeat the following 5 times: jog/run for 3 minutes followed by 2 minutes of walking.	Session 11 Repeat the previous session - start out with a 5 minute brisk walk. Then repeat the following 5 times: jog/run for 3 minutes followed by 2 minutes of walking.	Session 12 Start out with a 5 minute brisk walk. Then repeat the following 5 times: jog/run for 3 minutes followed by 1.5 minutes of walking.
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WEEK 5

This weeks sees us through the half way point of the plan. Stay focused during the jogging segments and try to keep your pace consistent from start to finish.

Session 13 Start out with a 5 minute brisk walk. Then repeat the following 5 times: jog/run for 4 minutes followed by 2 minutes of walking.	Session 14 Repeat the previous session - start out with a 5 minute brisk walk. Then repeat the following 5 times: jog/run for 4 minutes followed by 2 minutes of walking.	Session 15 Start out with a 5 minute brisk walk. Then repeat the following 4 times: jog/run for 5 minutes followed by 2 minutes of walking.
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WEEK 6

You're well on your way to running a 5K now. Look back to week one to see how far you have come. Not every session will be easy, but stay with it this week and over the next few weeks as you close in on your 5K target.

Session 16 Repeat the previous session - start out with a 5 minute brisk walk. Then repeat the following 4 times: jog/run for 5 minutes followed by 2 minutes of walking.	Session 17 Start out with a 5 minute brisk walk. Then repeat the following 4 times: jog/run for 6 minutes followed by 2 minutes of walking.	Session 18 Repeat the previous session - start out with a 5 minute brisk walk. Then repeat the following 4 times: jog/run for 6 minutes followed by 2 minutes of walking.
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WEEK 7

This week we're really moving things on, jogging for 8 and then 9 minutes non-stop. Once again, don't worry about your pace, it's more important to stay relaxed and keep a nice steady rhythm through each segment.

Session 19

Start out with a 5 minute brisk walk. Then repeat the following 3 times: jog/run for 8 minutes followed by 2 minutes of walking.

Session 20

Repeat the previous session - start out with a 5 minute brisk walk. Then repeat the following 3 times: jog/run for 8 minutes followed by 2 minutes of walking.

Session 21

Start out with a 5 minute brisk walk. Then repeat the following 3 times: jog/run for 9 minutes followed by 2 minutes of walking.

WEEK 8

Into the penultimate week now, and about two months since the start - hopefully you can feel the benefits. Start to think about your end goal and how close you are.

Session 22

Start out with a 5 minute brisk walk. Then repeat the following 3 times: jog/run for 9 minutes followed by 2 minutes of walking.

Session 23

Start out with a 5 minute brisk walk. Then repeat the following 3 times: jog/run for 10 minutes followed by 2 minutes of walking.

Session 24

Repeat the previous session - start out with a 5 minute brisk walk. Then repeat the following 3 times: jog/run for 10 minutes followed by 2 minutes of walking.

WEEK 9

This is the week where you will complete your 5K run and earn your well deserved medal. Remember there are no prizes for speed - it's all about keeping focused, staying relaxed and building up to your goal.

Session 25

Start out with a 5 minute brisk walk. Then repeat the following twice: jog/run for 15 minutes followed by 2 minutes of walking.

Session 26

Repeat the previous session - start out with a 5 minute brisk walk. Then repeat the following twice: jog/run for 15 minutes followed by 2 minutes of walking.

Session 27

Start out with a 5 minute brisk walk. Then run for 5km, or for 30 minutes if running to time.