

5km Training Program

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	1.5km	REST DAY	2km	REST DAY	1.5km	REST DAY	REST DAY
Week 2	1.5km	REST DAY	2km	REST DAY	REST DAY	3.5km	REST DAY
Week 3	2.5km	REST DAY	3km	REST DAY	REST DAY	4km	REST DAY
Week 4	2.5km	REST DAY	3km	REST DAY	REST DAY	3.5km	REST DAY
Week 5	REST DAY	2km	REST DAY	2km	REST DAY	1km	EVENT DAY

