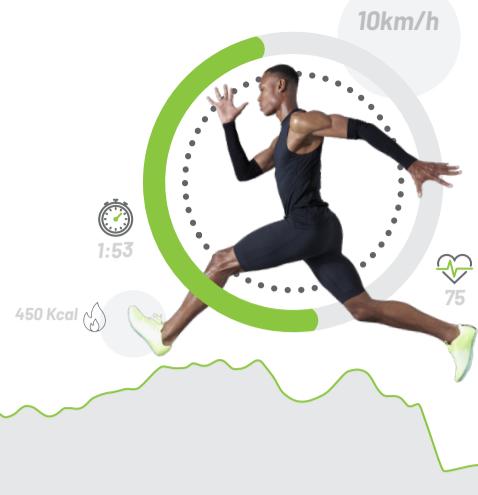


# 2024



## Get fit in one month and run **5 km**

### Week 1

**Day 1** – Jog for 15 seconds and walk for 45 seconds. Repeat for 30 minutes.

**Day 2** – Moderate exercise for 30 minutes.

**Day 3** – Jog for 15 seconds and walk for 45 seconds. Repeat for 30 minutes.

**Day 4** – Moderate exercise for 30 minutes.

**Day 5** – Rest.

**Day 6** – Jog for 15 seconds and walk for 45 seconds. Continue for 2 km.

**Day 7** – Rest or walk at a leisurely pace.

### Week 2

**Day 1** – Jog for 15 seconds and walk for 45 seconds. Repeat for 30 minutes.

**Day 2** – Moderate exercise for 30 minutes.

**Day 3** – Jog for 15 seconds and walk for 45 seconds. Repeat for 30 minutes.

**Day 4** – Moderate exercise for 30 minutes.

**Day 5** – Rest.

**Day 6** – Jog for 15 seconds and walk for 45 seconds. Continue for 3 km.

**Day 7** – Rest or walk at a leisurely pace.

### Week 3

**Day 1** – Jog for 20 seconds and walk for 40 seconds. Repeat for 30 minutes.

**Day 2** – Moderate exercise for 30 minutes.

**Day 3** – Jog for 20 seconds and walk for 40 seconds. Repeat for 30 minutes.

**Day 4** – Moderate exercise for 30 minutes.

**Day 5** – Rest.

**Day 6** – Jog for 20 seconds and walk for 40 seconds. Continue for 3 km.

**Day 7** – Rest or walk at a leisurely pace.

### Week 4

**Day 1** – Jog for 20 seconds and walk for 40 seconds. Repeat for 30 minutes.

**Day 2** – Moderate exercise for 30 minutes.

**Day 3** – Jog for 20 seconds and walk for 40 seconds. Repeat for 30 minutes.

**Day 4** – Moderate exercise for 30 minutes.

**Day 5** – Rest.

**Day 6** – Jog for 20 seconds and walk for 40 seconds. Continue for 4 km.

**Day 7** – Rest or walk at a leisurely pace.

### Week 5

**Day 1** – Jog for 30 seconds and walk for 30 seconds. Repeat for 30 minutes.

**Day 2** – Moderate exercise for 30 minutes.

**Day 3** – Jog for 30 seconds and walk for 30 seconds. Repeat for 30 minutes.

**Day 4** – Moderate exercise for 30 minutes.

**Day 5** – Rest.

**Day 6** – Run your first 5 km road race!

**Day 7** – Rest.

#### Race enquiries

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