



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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