

Believe in children



Barnardo's

5km training programme

Week 1	
Monday	Rest
Tuesday	Run 1 min, walk 1 min x 10
Wednesday	Rest
Thursday	Run 2 mins, walk 4 mins x 5
Friday	Rest
Saturday	Rest
Sunday	Run 2 mins, walk 4 mins x 5

Week 2	
Monday	Rest
Tuesday	Run 3 mins, walk 3 mins x 4
Wednesday	Rest
Thursday	Run 3 mins, walk 3 mins x 4
Friday	Rest
Saturday	Rest
Sunday	Run 5 mins, walk 3 mins x 3

Week 3	
Monday	Rest
Tuesday	Run 7 mins, walk 2 mins x 3
Wednesday	Rest
Thursday	Run 8 mins, walk 2 mins x 3
Friday	Rest
Saturday	Rest
Sunday	Run 8 mins, walk 2 mins x 3

Week 4	
Monday	Rest
Tuesday	Run 8 mins, walk 2 mins x 3
Wednesday	Rest
Thursday	Run 10 mins, walk 2 mins x 2 then run 5 mins
Friday	Rest
Saturday	Rest
Sunday	Run 8 mins, walk 2 mins x 3 times

Week 5	
Monday	Rest
Tuesday	Run 9 mins, walk 1 min x 3
Wednesday	Rest
Thursday	Run 12 mins, walk 2 mins x 2 then run for 5 mins
Friday	Rest
Saturday	Rest
Sunday	Run 8 mins, walk 2 mins x 3

Week 6	
Monday	Rest
Tuesday	Run 15 mins, walk 1 min x 2
Wednesday	Rest
Thursday	Run 8 mins, walk 2 mins x 3
Friday	Rest
Saturday	Rest
Sunday	5km Race Day!

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Barnardo's Registered Charity Nos. 216250 and SC037605
 Barnardo's adheres to the Fundraising Promise and Fundraising Standards Board guidelines.