

Camberwell to 5km

Preparatory Week:

Launch Event @ Support & Sustain

Individual Injury & Performance Screening Session

Start Mobility & Strengthening exercises

Let's Get Running!!

Week 1

- Run x3 this week (20mins)
 - 5 minute brisk warm up walk
 - 15 minutes – alternating 60 seconds running, 90 seconds walking
- Complete mobility programme x2 this week
- Complete stage 1 conditioning programme x2 this week

Week 2

- Run x3 this week (20mins)
 - 5 minute brisk warm up walk
 - 15 minutes – alternating 90 seconds running, 2 minutes walking
- Complete mobility programme x3 this week
- Complete stage 1 conditioning programme x3 this week

Week 3

- Run x3 this week
 - 5 minute brisk warm up walk
 - 90 seconds running, 90 seconds walking
 - 3 minutes running, 3 minutes walking
 - Repeat that cycle x2
- Complete mobility programme x3 this week
- Complete stage 1 conditioning programme x3 this week

Week 4

- Run x3 this week
 - 5 minute brisk warm up walk
 - 3 minutes running, 90 seconds walking
 - 5 minutes running, 2.5 minutes walking
 - 3 minutes running, 90 seconds walking
 - 5 minutes running
- Complete mobility programme x3 this week
- Complete stage 2 conditioning programme x2 this week

Week 5

- **Run 1:** 5 minute walk to warm up, 5 minutes running, 3 minutes walking, 5 minutes running, 3 minutes walking, 5 minutes running
- **Run 2:** 5 minute walk to warm up, 8 minutes running, 5 minutes walking, 8 minutes running
- **Run 3:** 5 minute walk to warm up, 20 minutes running, with no walking
- Complete mobility programme x3 this week
- Complete stage 2 conditioning programme x3 this week

Week 6

- **Run 1:** 5 minute walk to warm up, 5 minutes running, 3 minutes walking, 8 minutes running, 3 minutes walking, 5 minutes running
- **Run 2:** 5 minute walk to warm up, 10 minutes running, 3 minutes walking, 10 minutes running
- **Run 3:** 5 minute walk to warm up, 25 minutes with no walking
- Complete mobility programme x3 this week
- Complete stage 2 conditioning programme x3 this week

Week 7

- Longer runs x3
 - 5 minute walk to warm up
 - 25 minutes of running
- Complete mobility programme

Week 8

- Longer runs x3
 - 5 minute walk to warm up
 - 28 minutes of running
- Complete mobility programme

Week 9

- Longer runs x3
 - 5 minute walk to warm up
 - 30 minutes of running
- Complete mobility programme