



## 5 k Runners Program - 8 Weeks Challenge

<b>Goals:</b>	5 k Running - OMOKOROA - Injury prevention and Performance
<b>Notes:</b>	Before you start this program, you should be able to run 2 km without stopping. If you can not make it 5 times a week. Do 4 times a week, taking Saturday off. Individualized Workout Plans requests - contact us at we@healthquarters.co.nz
<b>Trainer:</b>	Sebastian Abraham

BW Exercises - Tuesday and Friday	Reps / Time
<b>Warm Up</b>	1 set
Dynamic stretching and movility for hips - Kicks forwards and sides	20 each mov
Dynamic stretching and movility for shoulders - Circles	20 each side
<b>Main circuit BW</b>	3 sets
Step forward lunges	20
Push ups (if too hard, do it on knees)	15
Mini Squat Jumps	20
Single leg deadlifts	20
Kness Up	30"
Heels up	30"
<b>Core Circuit</b>	3 sets
Mountain Climbers	20
Plank	30"
Bridge	30"
Single Legs out	20
Weekly: Increase range of motion, add weights, or reduce rest time.	
<b>General Body Stretching</b>	10'

Running Sessions - Week 1	Distance/time
Monday	Rest
Wednesday	1.5 km + 2 km walk
Thursday - Up the Hill/Mountain running and walking when really need	20'
Saturday - HIIT - 30" Running 75% Maximum Speed x 30 " Walking	15'
Sunday - Long Distance - try to keep PACE.	2.5 km
Everyday - Warm Up Easy Jogging 5' and Cool Down Stretching Calves, Quads and Hamstrings	
Everyday - Eat real food and get enough sleep. (7-8 hs)	

<b>Running Sessions - Week 2</b>	<b>Distance/time</b>
Monday	Rest
Wednesday	2 km + 2 km walk
Thursday - Up the Hill/Mountain running and walking when really need	20 '
Saturday - HIIT - 30" Running 75% Maximum Speed x 30 " Walking	15'
Sunday - Long Distance try to keep PACE.	3 km
Everyday - Warm Up Easy Jogging 5' and Cool Down Stretching Calves, Quads and Hamstrings	
Everyday - Eat real food and get enough sleep. (7-8 hs)	

<b>Running Sessions - Week 3</b>	<b>Distance/time</b>
Monday	Rest
Wednesday	2 km + 2 km walk
Thursday - Up the Hill/Mountain running and walking when really need	20 ' / 25'
Saturday - HIIT - 30" Running 75% Maximum Speed x 30 " Walking	15'
Sunday - Long Distance try to keep PACE.	3.5 km
Everyday - Warm Up Easy Jogging 5' and Cool Down Stretching Calves, Quads and Hamstrings	
Everyday - Eat real food and get enough sleep. (7-8 hs)	

<b>Running Sessions - Week 4</b>	<b>Distance/time</b>
Monday	Rest
Wednesday	2.5 km + 2 km walk
Thursday - Up the Hill/Mountain running and walking when really need	20 ' / 25'
Saturday - HIIT - 30" Running 75% Maximum Speed x 30 " Walking	15'
Sunday - Long Distance try to keep PACE.	3.5 km
Everyday - Warm Up Easy Jogging 5' and Cool Down Stretching Calves, Quads and Hamstrings	
Everyday - Eat real food and get enough sleep. (7-8 hs)	

<b>Running Sessions - Week 5</b>	<b>Distance/time</b>
Monday	Rest
Wednesday	3 km + 1 km walk
Thursday - Up the Hill/Mountain running and walking when really need	20 ' / 25'
Saturday - HIIT - 30" Running 75% Maximum Speed x 30 " Walking	20'
Sunday - Long Distance try to keep PACE.	4 km
Everyday - Warm Up Easy Jogging 5' and Cool Down Stretching Calves, Quads and Hamstrings	
Everyday - Eat real food and get enough sleep. (7-8 hs)	

<b>Running Sessions - Week 6</b>	<b>Distance/time</b>
Monday	Rest
Wednesday	3.5 km + 1 km walk
Thursday - Up the Hill/Mountain running and walking when really need	20 ' / 25'
Saturday - HIIT - 30" Running 75% Maximum Speed x 30 " Walking	20'
Sunday - Long Distance try to keep PACE.	4.5
Everyday - Warm Up Easy Jogging 5' and Cool Down Stretching Calves, Quads and Hamstrings	

Everyday - Eat real food and get enough sleep. (7-8 hs)

<b>Running Sessions - Week 7</b>	<b>Distance/time</b>
Monday	Rest
Wednesday	4 km
Thursday - Up the Hill/Mountain running and walking when really need	20 ' / 25'
Saturday - HIIT - 30" Running 75% Maximum Speed x 30 " Walking	20'
Sunday - Long Distance try to keep PACE.	5 km
Everyday - Warm Up Easy Jogging 5' and Cool Down Stretching Calves, Quads and Hamstrings	
Everyday - Eat real food and get enough sleep. (7-8 hs)	

<b>Running Sessions - Week 8</b>	<b>Distance/time</b>
Monday	Rest
Wednesday - HIIT - 30" Running 75% Maximum Speed x 30 " Walking	15'
Thursday -	4 km
Saturday	REST
Sunday - Long Distance try to keep PACE.	<b>RACE DAY :)</b>
Everyday - Warm Up Easy Jogging 5' and Cool Down Stretching Calves, Quads and Hamstrings	
Everyday - Eat real food and get enough sleep. (7-8 hs)	

