

Beginner 5 Weeks to 5kms									
	Notes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday (Weekend)	Sunday (Weekend)	Notes
<b>5 Weeks</b>		Pilates or Yoga	30 mins run/walk	Cross Train Exercise 30-45 mins	30 mins run/walk	Stretch / Roll / Rest	<b>3km Run/Walk</b>	Rest / Exercise Choice	
<b>4 Weeks</b>		Pilates or Yoga	40 mins run/walk	Cross Train Exercise 30-45 mins	40 mins run/walk	Stretch / Roll / Rest	<b>4km Run/Walk</b>	Rest / Exercise Choice	
<b>3 Weeks</b>		Pilates or Yoga	30-40 mins run/walk	Cross Train Exercise 30-45 mins	30-40 mins run/walk	Stretch / Roll / Rest	<b>5km Run/Walk</b>	Rest / Exercise Choice	
<b>2 Weeks</b>	Easier week	Pilates or Yoga	40 mins run/walk	Cross Train Exercise 30-45 mins	40 mins run/walk	Stretch / Roll / Rest	<b>3km Run/Walk</b>	Rest / Exercise Choice	
<b>1 Week</b>	Easier Week	Pilates or Yoga	30 mins run/walk	Cross Train Exercise 30-45 mins	30 mins run/walk	Stretch / Roll / Rest	<b>5km Join a Park Run!</b>	Rest / Exercise Choice	