

LAKE RIDGE ACADEMY

THE ROYAL LRA RUN

8 WEEK 5K TRAINING PLAN

DAY ONE

DAY TWO

DAY THREE

WEEK
ONE

1 min run / 1.5 mins walk
(20 mins total)

1 min run / 1.5 mins walk
(20 mins total)

1 min run / 1.5 mins walk
(20 mins total)

WEEK
TWO

1.5 mins run / 2 mins walk
(20 mins total)

1.5 mins run / 2 mins walk
(20 mins total)

1.5 mins run / 2 mins walk
(20 mins total)

WEEK
THREE

2 mins run / 2 mins walk
(20 mins total)

2.5 mins run / 2.5 mins walk
(20 mins total)

2.5 mins run / 2.5 mins walk
(20 mins total)

WEEK
FOUR

3 mins run / 2 mins walk
(20 mins total)

3 mins run / 2 mins walk
(20 mins total)

4 mins run / 2.5 mins walk
(20 mins total)

WEEK
FIVE

5 mins run / 3 mins walk
(x3)

8 mins run / 5 mins walk/
8 mins run

20 minutes running

WEEK
SIX

6 mins run / 3 mins walk
(x2)

10 mins run / 3 mins walk/
10 mins run

25 minutes running

WEEK
SEVEN

25 minutes running

25 minutes running

25 minutes running

WEEK
EIGHT

30 minutes running

30 minutes running

30 minutes running