



4 WEEK TRAINING PROGRAM

*Training Program
Developed By*

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Finish the Race
Attitude

OBJECTIVE: To run/walk three kilometres by week 4

3 SESSIONS PER WEEK*

Week 1:

4 MIN WALK / 1 MIN RUN x 2 TIME: 10 MIN DIST: 0.7 KMS
4 MIN WALK / 1 MIN RUN x 4 TIME: 20 MIN DIST: 1.4 KMS
3 MIN WALK / 2 MIN RUN x 2 TIME: 10 MIN DIST: 0.8 KMS

Week 2:

3 MIN WALK / 2 MIN RUN x 4 TIME: 20 MIN DIST: 1.6 KMS
2 MIN WALK / 3 MIN RUN x 2 TIME: 10 MIN DIST: 0.9 KMS
2 MIN WALK / 3 MIN RUN x 4 TIME: 20 MIN DIST: 1.8 KMS

Week 3:

2 MIN WALK / 3 MIN RUN x 6 TIME: 30 MIN DIST: 2.7 KMS
1 MIN WALK / 4 MIN RUN x 2 TIME: 10 MIN DIST: 1.0 KMS
1 MIN WALK / 4 MIN RUN x 4 TIME: 20 MIN DIST: 2.0 KMS

Week 4:

1 MIN WALK / 4 MIN RUN x 6 TIME: 30 MIN DIST: 3.0 KMS

TIPS:

Make sure to wear a comfortable pair of running shoes.
Take a bottle of water and some nutrition with you.
Record your run/walk in a diary (distance, time, temp)
Tell your family and friends what you are doing. Have Fun!