

Week one: OK-4-5K				
Warm-up	Walk at a fast pace for 5 minutes.			
Training	Run for 5 minutes, then walk for 3 minutes, run for 8 minutes, walk for 3 minutes, run for 5 minutes (total training time 24 minutes)			
Warm-down	Static stretch for 7 minutes. Total workout time: 36 minutes			
Repeat	3 times during the course of the week			
Plus (c.10 mins)	1 x Core	1 x Glutes	1 x Knees & Ankles	1 x Arms
Daily	7 minutes of very gentle stretching			

Week two: OK-4-5K				
Warm-up	Walk at a fast pace for 5 minutes.			
Training run 1 & 2	Run for 10 minutes, then walk for 3 minutes, run for 10 minutes (total training time 23 minutes)			
Training run 3	Jog for 25 minutes (easy pace, 60% effort)			
Warm-down	Static stretch for 7 minutes. Total workout time: 35 - 37 minutes			
Plus (c.10 mins)	1 x Core	1 x Glutes	1 x Knees & Ankles	1 x Arms
Daily	7 minutes of very gentle stretching			

Week three: OK-4-5K				
Warm-up	Walk at a fast pace for 5 minutes.			
Training run 1 & 2	Run for 25 minutes (65% effort)			
Training run 3	Run for 25 minutes (70% effort)			
Warm-down	Static stretch for 7 minutes. Total workout time: 30 minutes			
Plus (c.10 mins)	1 x Core	1 x Glutes	1 x Knees & Ankles	1 x Arms
Daily	7 minutes of very gentle stretching			

Week four: OK-4-5K				
Warm-up	Walk at a fast pace for 5 minutes.			
Training	Run for 28 minutes (70% effort)			
Warm-down	Static stretch for 7 minutes. Total workout time: 36 minutes			
Repeat	3 times during the course of the week			
Plus (c.10 mins)	1 x Core	1 x Glutes	1 x Knees & Ankles	1 x Arms
Daily	7 minutes of very gentle stretching			

Week five: OK-4-5K				
Warm-up	Walk at a fast pace for 5 minutes.			
Training run 1	Run for 12 minutes (70% effort), walk for 2 minutes, run for 12 minutes (65% effort)			
Training run 2	Jog (easy pace - 60% effort) for 30 minutes			
Training run 3	Run for 5K			
Warm-down	Static stretch for 7 minutes. Total workout time: 38 - 42 minutes			
Plus (c.10 mins)	1 x Core	1 x Glutes	1 x Knees & Ankles	1 x Arms
Daily	7 minutes of very gentle stretching			