

## 5.5km Beginner Training Program

**Legend:** w/u = warm up, c/d = cool down, jog = slow easy pace, run = steady pace, effort = push hard

This is a 16 week program with week 1 being the event week.

<b>Week 4</b>	<b>Week 3</b>	<b>Week 2</b>	<b>Week 1</b>
Monday 30min moderate walk	Monday 30min moderate walk	Monday 30min moderate walk	Monday 30min moderate walk
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Tuesday 5min walk w/u 35min jog 5min walk c/d	Tuesday 5min walk w/u 35min jog 5min walk c/d	Tuesday 5min walk w/u 35min jog 5min walk c/d	Tuesday 5min walk w/u 30min jog 5min walk c/d
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Wednesday	Wednesday	Wednesday	Wednesday
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Thursday 5min walk w/u (20min jog 3min walk) X 2 5min walk	Thursday 5min walk w/u 40min jog 5min walk	Thursday 5min walk w/u 40min jog 5min walk	Thursday 5min walk w/u 20min jog 5min walk
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Friday	Friday	Friday	Friday 5min walk w/u 15min jog easy 5min walk c/d
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Saturday 5min walk w/u 30min jog 5min walk c/d	Saturday 5min walk w/u 30min jog 5min walk c/d	Saturday 5min walk w/u 30min jog 5min walk c/d	Saturday
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Sunday	Sunday	Sunday	Sunday Melbourne Marathon 5.5km Run Good Luck
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<b>Week 8</b>		<b>Week 7</b>		<b>Week 6</b>		<b>Week 5</b>	
Monday	30min moderate walk	Monday	30min moderate walk	Monday	30min moderate walk	Monday	30min moderate walk
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Tuesday	5min walk w/u 20min jog 5min walk c/d	Tuesday	5min walk w/u 25min jog 5min walk c/d	Tuesday	5min walk w/u 25min jog 5min walk c/d	Tuesday	5min walk w/u 30min jog 5min walk c/d
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Wednesday		Wednesday		Wednesday		Wednesday	
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Thursday	5min walk w/u (10min jog 1min walk) X 3 5min walk	Thursday	5min walk w/u (15min jog 1min walk) X 2 5min walk	Thursday	5min walk w/u (20min jog 5min walk) X 2 5min walk	Thursday	5min walk w/u (20min jog 5min walk) X 2 5min walk
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Friday		Friday		Friday		Friday	
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Saturday	5min walk w/u 25min 5min walk c/d	Saturday	5min walk w/u 25min 5min walk c/d	Saturday	5min walk w/u 30min 5min walk c/d	Saturday	5min walk w/u 30min 5min walk c/d
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Sunday		Sunday		Sunday		Sunday	
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## Week 16

Monday

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Tuesday 30min easy walk

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Wednesday

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Thursday 10min walk w/u  
(2min jog 3min walk) X 3  
10min walk c/d

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Friday

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Saturday 30min easy walk

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Sunday

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## Week 15

Monday

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Tuesday 10min walk w/u  
(2min jog 3min walk) X 3  
10min walk c/d

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Wednesday

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Thursday 30min easy walk

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Friday

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Saturday 10min walk w/u  
(2min jog 3 min walk) X 3  
10min walk c/d

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Sunday

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## Week 14

Monday

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Tuesday 5min walk w/u  
(2min jog 3min Walk) X 5  
c/d 5min walk

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Wednesday

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Thursday 30min moderate walk

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Friday

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Saturday 10min walk w/u  
Walk(3min jog 2min) X 3  
10min walk c/d

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Sunday

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## Week 13

Monday

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Tuesday 5min walk w/u  
(3min jog 2min walk) X 5  
5min walk c/d

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Wednesday 30min easy walk

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Thursday 10min walk w/u  
(5min jog 2min walk) x 3  
5min walk

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Friday

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Saturday 5min walk w/u  
(4min jog 1min walk) X 4  
5min walk c/d

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Sunday

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