

YOUR 6 WEEK 4KM TRAINING PLAN

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	REST	1KM run 3 min walk the rest	STRENGTH TRAINING	1KM run 1 min walk 1 min	REST	2KM run 5 mins walk 1 min	STRENGTH WORKOUT
WEEK 2	REST	2KM run 4 min walk the rest	STRENGTH TRAINING	2KM run 1 min walk 1 min	REST	2.5KM run 7 mins walk 1 min	STRENGTH WORKOUT
WEEK 3	REST	2KM run 5 min walk the rest	STRENGTH TRAINING	2KM + 4 STRIDES run 2 min walk 1 min	REST	3.5KM run 8 mins walk 30 secs	STRENGTH WORKOUT
WEEK 4	REST	3KM run 5 min walk the rest	STRENGTH TRAINING	2KM + 4 STRIDES run 2 min walk 1 min	REST	3.5KM run as much as possible	STRENGTH WORKOUT
WEEK 5	REST	3KM run 7 min walk the rest	STRENGTH TRAINING	2KM + 4 STRIDES run 2 min walk 1 min	REST	4KM run as much as possible	STRENGTH WORKOUT
WEEK 6	REST	2KM Run	YOGA / STRENGTH EXERCISING	1.5KM + 4 STRIDES run 2 min walk 1 min	REST	REST DAY	RACE DAY

