



# GET RUN READY WITH BUBBA ALI

**CENTRA**  
**RUN**  
**TOGETHER**

## 5K TRAINING PLAN

This is a Couch to 5k Training plan so each week will be a combination of running and walking.

With this run plan we have 2 days running with walking intervals. Each week the progressions are aimed to give you more confidence to run further with less breaks.

DO MAKE SURE TO WARM UP AND STRETCH BEFORE ALL TRAINING DAYS.

### WEEK ONE

<b>MONDAY</b>	2KM WALK
<b>TUESDAY</b>	BODYWEIGHT STRENGTH
<b>WEDNESDAY</b>	2KM RUN/SLOW WALK
<b>THURSDAY</b>	REST
<b>FRIDAY</b>	BODYWEIGHT STRENGTH
<b>SATURDAY</b>	2KM RUN
<b>SUNDAY</b>	REST

### WEEK TWO

<b>MONDAY</b>	2KM WALK
<b>TUESDAY</b>	BODYWEIGHT STRENGTH
<b>WEDNESDAY</b>	3KM RUN/SLOW WALK
<b>THURSDAY</b>	REST
<b>FRIDAY</b>	BODYWEIGHT STRENGTH
<b>SATURDAY</b>	2KM RUN
<b>SUNDAY</b>	REST

### WEEK THREE

<b>MONDAY</b>	3KM WALK
<b>TUESDAY</b>	BODYWEIGHT STRENGTH
<b>WEDNESDAY</b>	3KM RUN/SLOW WALK
<b>THURSDAY</b>	REST
<b>FRIDAY</b>	BODYWEIGHT STRENGTH
<b>SATURDAY</b>	3KM RUN
<b>SUNDAY</b>	REST

### WEEK FOUR

<b>MONDAY</b>	3KM WALK
<b>TUESDAY</b>	BODYWEIGHT STRENGTH
<b>WEDNESDAY</b>	2KM RUN/SLOW WALK
<b>THURSDAY</b>	REST
<b>FRIDAY</b>	BODYWEIGHT STRENGTH
<b>SATURDAY</b>	3KM RUN
<b>SUNDAY</b>	REST

### WEEK FIVE

<b>MONDAY</b>	4KM WALK
<b>TUESDAY</b>	BODYWEIGHT STRENGTH
<b>WEDNESDAY</b>	4KM RUN/SLOW WALK
<b>THURSDAY</b>	REST
<b>FRIDAY</b>	BODYWEIGHT STRENGTH
<b>SATURDAY</b>	4KM RUN
<b>SUNDAY</b>	REST

### WEEK SIX

<b>MONDAY</b>	5KM WALK
<b>TUESDAY</b>	BODYWEIGHT STRENGTH
<b>WEDNESDAY</b>	5KM RUN/SLOW WALK
<b>THURSDAY</b>	REST
<b>FRIDAY</b>	BODYWEIGHT STRENGTH
<b>SATURDAY</b>	5KM RUN
<b>SUNDAY</b>	REST

**GOOD LUCK...  
START STEADY...  
RUN HARD.**

**20<sup>th</sup>**  
**OCT**

**11<sup>am</sup>**  
**ORMEAU PARK**  
**BELFAST**