

5 KILOMETERS MID-LEVEL MONTH 1



PRÉSENTÉ PAR

beneva

UNE COLLABORATION DE

rouge FM

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

WEEK 1



walk 10'

3X (1' run / 3' walk)

walk 5'



REST



walk 10'

4X (1' run / 3' walk)

walk 5'



REST



walk 5'

5X (1' run / 3' walk)

walk 5'



walk 5'

6X (1' run / 3' walk)

Strengthening



REST

WEEK 2



walk 15'

3X (1' run / 2' walk)

walk 5'



REST



walk 10'

4X (1' run / 2' walk)

walk 5'



REST



walk 10'

5X (1' run / 2' walk)

walk 5'



walk 10'

6X (1' run / 2' walk)

Strengthening



REST

WEEK 3



walk 15'

4X (1' run / 1' walk)

walk 5'



REST



walk 10'

5X (1' run / 1' walk)

walk 5'



REST



walk 10'

6X (1' run / 1' walk)

walk 5'



walk 10'

7X (1' run / 1' walk)

Strengthening



REST

WEEK 4



walk 10'

6X (1' run / 1' walk)

walk 10'



REST



walk 10'

7X (2' run / 1' walk)

walk 10'



REST



walk 10'

8X (2' run / 1' walk)

walk 10'



walk 10'

9X (1' run / 1' walk)

Strengthening



REST

6 x (1' fast running/1' slow run) = 6 times the next block: 1 minute of fast running alternated with 1 minute of slow running

KEY

warm up

main session

cool down

5 KILOMETERS MID-LEVEL MONTH 2



PRÉSENTÉ PAR

beneva

UNE COLLABORATION DE

rouge FM

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

WEEK 1



walk 5'

7X (1' run / 1' walk)

walk 5'



REST



walk 5'

8X (1' run / 1' walk)

walk 5'



REST



walk 5'

9X (1' run / 1' walk)

walk 5'



walk 5'

10X (1' run / 1' walk)

Strengthening



REST

WEEK 2



walk 5'

11X (1' run / 1' walk)

walk 5'



REST



walk 5'

12X (1' run / 2' walk)

walk 5'



REST



walk 5'

13X (1' run / 1' walk)

walk 5'



walk 5'

14X (1' run / 1' walk)

Strengthening



REST

WEEK 3



walk 5'

15X (1' run / 1' walk)

walk 5'



REST



walk 5'

6X (2' run / 1' walk)

walk 5'



REST



walk 5'

7X (2' run / 1' walk)

walk 5'



walk 5'

8X (2' run / 1' walk)

Strengthening



REST

WEEK 4



walk 5'

9X (2' run / 1' walk)

walk 10'



REST



walk 5'

10X (2' run / 1' walk)

walk 10'



REST



walk 5'

6X (3' run / 1' walk)

walk 10'



walk 5'

7X (3' run / 1' walk)

Strengthening



REST

6 x (1' fast running / 1' slow run) = 6 times the next block: 1 minute of fast running alternated with 1 minute of slow running

KEY

warm up

main session

cool down

5 KILOMETERS MID-LEVEL MONTH 3



PRÉSENTÉ PAR

beneva

UNE COLLABORATION DE

rouge FM

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

WEEK 1



walk 5'

8X (3' run / 1' walk)

walk 5'



REST



walk 5'

5X (4' run / 1' walk)

walk 5'



REST



walk 5'

6X (4' run / 1' walk)

walk 5'



walk 5'

5X (5' run / 1' walk)

Strengthening



REST

WEEK 2



walk 5'

4X (6' run / 1' walk)

walk 5'



REST



walk 5'

3X (9' run / 1' walk)

walk 5'



REST



walk 5'

3X (9' run / 1' walk)

walk 5'



walk 5'

2X (15' run / 1' walk)

Strengthening



REST

WEEK 3



3X (1' run / 1' walk)

20' run

walk 5'



REST



3X (1' run / 1' walk)

22' run

walk 5'



REST



3X (1' run / 1' walk)

24' run

walk 5'



3X (1' run / 1' walk)

26' run

walk 5'



REST

WEEK 4



3X (1' run / 1' walk)

28' run

walk 10'



REST



3X (1' run / 1' walk)

30' run

walk 10'



REST



3X (1' run / 1' walk)

15' run

walk 10'



REST



3X (1' run / 1' walk)

MY 1ST 5KM!

6 x (1' fast running / 1' slow run) = 6 times the next block: 1 minute of fast running alternated with 1 minute of slow running

KEY

warm up

main session

cool down