



4km training program

The Mother's Day Classic is the perfect opportunity to get moving as well as support a great cause. For the 4km walk and run, it's important to train so you can feel and achieve your best on race day. This introductory six-week training program is aimed at beginners... we all have to start somewhere!

WEEK ONE

Day	Session	Notes
Monday	Walk/jog	25-minute walk, with a 1 minute jog every 5 minutes.
Tuesday	Rest day	10 minutes stretching the major running muscles.
Wednesday	Walk/jog	20-minute walk with as much jogging as you can manage.
Thursday	Rest day	10 minutes stretching the major running muscles.
Friday	Jog	5-minute continuous jog, 5-minute walk. Repeat once.
Saturday	Walk	45-minute walk. Challenge yourself and look for hilly terrain!
Sunday	Rest day	

WEEK TWO

Day	Session	Notes
Monday	Walk/jog	25-minute walk, with a 2-minute jog every 3 minutes.
Tuesday	Cross train	10 minutes stretching major running muscles. A few gentle step ups and lunges on each leg.
Wednesday	Walk/jog	10-minute walk, 7-minute continuous jog, 5-minute walk.
Thursday	Rest day	10 minutes stretching the major running muscles.
Friday	Intervals	3-minute continuous jog, 3-minute rest. Repeat 4 times.
Saturday	Walk	45-minute walk, with a 1-minute jog every 5 minutes.
Sunday	Rest day	

WEEK THREE

Day	Session	Notes
Monday	Walk/jog	25-minute walk, with a 2-minute jog every 2 minutes.
Tuesday	Cross train	10 minutes stretching the major running muscles, as well as a few gentle step ups, lunges and push ups.
Wednesday	Walk/jog	5-minute walk, 8-minute jog, 5-minute walk.
Thursday	Rest day	10 minutes stretching the major running muscles.
Friday	Intervals	10-minute walk, followed by 3 sets of: 2-minute 'moderate' run, 2-minute rest, 3-minute 'moderate' run, 2-minute rest.
Saturday	Walk	45-minute walk, with a 1-minute jog every 4 minutes.
Sunday	Rest day	

WEEK FOUR

Day	Session	Notes
Monday	Walk/jog	25-minute walk, with a 2-minute jog every 2 minutes.
Tuesday	Cross train	10 minutes stretching major running muscles. A few gentle step ups, lunges, push ups and 1 plank held for 30 seconds.
Wednesday	Walk/jog	5-minute walk, 12-minute jog, 5-minute walk.
Thursday	Rest day	10 minutes stretching the major running muscles.
Friday	Intervals	5-minute slow jog followed by: Run 1 lap of an oval (or approx. 400m), walk half a lap of an oval. Repeat for 20 minutes.
Saturday	Walk	60-minute walk over hilly terrain, jogging up some of the hills.
Sunday	Rest day	

WEEK FIVE

Day	Session	Notes
Monday	Walk/jog	25-minute walk, with a 1-minute jog every minute.
Tuesday	Cross train	10 minutes stretching major running muscles. A few gentle step ups, lunges, push ups and 1 plank held for 1 minute.
Wednesday	Walk/jog	5-minute walk, 18-minute jog, 5-minute walk.
Thursday	Rest day	10 minutes stretching the major running muscles.
Friday	Intervals	5-minute slow jog followed by: 8-minute run (at your target race intensity), 4-minute rest, and 2 x 4-minute run with a 2-minute rest in between. 10-minute walk cool down.
Saturday	Walk	45-minute walk over flat terrain.
Sunday	Rest day	

WEEK SIX: RACE WEEK

Day	Session	Notes
Monday	Walk/jog	25-minute walk, with a 1-minute jog every 2 minutes.
Tuesday	Cross train	10 minutes stretching the major running muscles.
Wednesday	Run	5-minute light jog. 12-minute run (with last 6-minutes at your target race intensity). 5-minute walk cool down.
Thursday	Rest day	10 minutes stretching the major running muscles.
Friday	Intervals	8-minute very slow jog. 5 x 100m strides at a moderate pace.
Saturday	Rest day	
Sunday	RACE DAY	Good luck!

Tip: Be sure to regularly stretch, so your muscles stay lean, flexible and can work at their optimum. Some of the major running muscles that you should be focussing on include the quadriceps, hamstrings, gluteal, Iliotibial band and calves.

Before you start your training program, always check in with your GP to get the all clear.

Happy Training!