

THE SECRET 3k

TRAINING PROGRAM

OBJECTIVE: To run / walk 3 kms by week 10

One session per week

Wk 1:	4 min walk / 1 min run x 2	Time: 10m	Dist: 0.7 kms
Wk 2:	4 min walk / 1 min run x 4	Time: 20m	Dist: 1.4 kms
Wk 3:	3 min walk / 2 min run x 2	Time: 10m	Dist: 0.8 kms
Wk 4:	3 min walk / 2 min run x 4	Time: 20m	Dist: 1.6 kms
Wk 5:	2 min walk / 3 min run x 2	Time: 10m	Dist: 0.9 kms
Wk 6:	2 min walk / 3 min run x 4	Time: 20m	Dist: 1.8 kms
Wk 7:	2 min walk / 3 min run x 6	Time: 30m	Dist: 2.7 kms
Wk 8:	1 min walk / 4 min run x 2	Time: 10m	Dist: 1.0 kms
Wk 9:	1 min walk / 4 min run x 4	Time: 20m	Dist: 2.0 kms
Wk 10:	1 min walk / 4 min run x 6	Time: 30m	Dist: 3.0 kms

TIPS:

- Make sure you wear a comfortable pair of running shoes.
- Take a bottle of water and some nutrition with you.
- Record your run / walk in a diary (distance, time, temperature).
- Tell your family and friends what you are doing. Have fun!

