

TRAINING FOR BEGINNERS

	Day 1	Day 2	Day 3
Week 1 (from 10/06 to 16/06)	2 min run, 1 min walk (Repeat 6 times)	4 min run, 2 min walk (Repeat 6 times)	10 min run, 5 min walk (Repeat 6 times)
Week 2 (from 17/06 to 23/06)	10 min run, 2 min walk (Repeat twice)	12 min run, 2 min walk (Repeat twice)	15 min run, 3 min walk (Repeat twice)
Week 3 (from 24/06 to 30/06)	20 min run	10 min run, 2 min walk (Repeat 3 times)	20 min run, 3 min walk (Repeat twice)
Week 4 (from 01/07 to 07/07)	25 min run	10 min run, 2 min walk (Repeat 3 times)	30 min run, 3 min walk, 20 min run
Week 5 (from 08/07 to 14/07)	30 min run	10 min run, 2 min walk	COLLETRAIL RACE 14TH OF JULY

*NOTE: This training programme for people who never attended a running race or did it more than two years ago.