



5k



Special Olympics
Ireland

To continue on from the Couch to 2k Challenge, we can progress onto the 2-5k challenge! Week 1-4 are in the Couch to 2k Challenge, Week 5-8 should get you to the 5km goal!

Option 1 Beginners							
Week 5			Week 6			Week 7 - 3 times a week	Week 8 – 3 times a week
Day 1	Day 2	Day 3	Day 1	Day 2	Day 3	Brisk walk for 5 minutes	Brisk walk for 5 minutes
Brisk walk for 5 minutes	Brisk walk for 5 minutes	Brisk walk for 5 minutes	Brisk walk for 5 minutes	Brisk walk for 5 minutes	Brisk walk for 5 minutes	Jog for 25 minutes (no walking)	Jog for 30 minutes or 5k
Jog 5 minutes	Jog for 8 minutes	Jog for 20 minutes (no walking)	Jog 5 minutes	Jog 10 minutes	Jog for 22 minutes (no walking)	Cool Down - walk for 5 mins	Cool Down - walk for 5 mins
Walk 3 minutes	Walk 5 minutes	Cool Down - walk for 5 mins	Walk 3 minutes	Walk 3 minutes	Cool Down - walk for 5 mins		
Jog 5 minutes	Jog for 8 minutes		Jog for 8 minutes	Jog 10 minutes			
Walk 3 minutes	Cool Down - walk for 5 mins		Walk 3 minutes	Cool Down - walk for 5 mins			
Jog 5 minutes			Jog 5 minutes				
Cool Down - walk for 5 mins			Cool Down - walk for 5 mins				
Option 2 Intermediate							
Week 5		Week 6		Week 7		Week 8	
Brisk Walk for 5 minutes		Brisk Walk for 5 minutes		Brisk Walk for 5 minutes		Brisk Walk for 5 minutes	
Jog/Run for 12 mins		Jog/Run for 15 mins		Jog/Run for 18 mins		Jog/Run for 20 mins	
Cool Down - walk for 5 mins		Cool Down - walk for 5 mins		Cool Down - walk for 5 mins		Cool Down - walk for 5 mins	
Option 3 Advanced							
If you can already run or jog 5km with ease, challenge yourself to increase your pace/time				Leave a day between runs to give your body time to recover			
You could do some 1km interval training (3 x 1km repetitions) to help increase your speed				Reach out to your club coach for training ideas			
We suggest you include some mobility and strength exercises (yoga/pilates) into your routine				Don't forget to warm up and cool down before and after every run!			



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