



**Paul
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Better Together

**Start your running journey! A progressive 8 week guide to build up to running 5km. Be patient and enjoy!
Begin each run session with 5mins of walking.**

Day	1	2	3
Week			
1	15 x Run 30sec Walk 30sec	Run/Walk 10min	Walk 5km (timed)
2	12 x Run 45sec Walk 15sec	Run/Walk 15min	Walk 5km (timed)
3	10 x Run 60sec Walk 60sec	Run/Walk 20min	Walk 5km (timed)
4	8 x Run 90sec Walk 90sec	Run/Walk 25min	Run 1km Walk 4km
5	6 x Run 2min Walk 2min	Run/Walk 30min	Run 2km Walk 3km
6	5 x Run 3min Walk 2min	Run/Walk 35min	Run 3km Walk 2km
7	4 x Run 5min Walk 2min	Run/Walk 40min	Run 4km Walk 1km
8	3 x Run 10min Walk 1min	Run/Walk 45min	Run 5km!