

Forest Runner

5k training plan

Use our handy training plan and discover the joy of running among the trees as you train for your Forest Runner 5k Strava challenge!

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	REST	Run 1 min Walk 1 min Repeat x 10	REST	Run 2 mins Walk 4 mins Repeat x 5	REST	REST	Run 2 mins Walk 4 mins Repeat x 5
2	REST	Run 3 mins Walk 3 mins Repeat x 4	REST	Run 3 mins Walk 3 mins Repeat x 4	REST	REST	Run 5 mins Walk 5 mins Repeat x 3
3	REST	Run 7 mins Walk 2 mins Repeat x 3	REST	Run 8 mins Walk 2 mins Repeat x 3	REST	REST	Run 8 mins Walk 2 mins Repeat x 3
4	REST	Run 8 mins Walk 2 mins Repeat x 3	REST	Run 10 mins Walk 2 mins Repeat x 2	REST	REST	Run 8 mins Walk 2 mins Repeat x 3
5	REST	Run 9 mins Walk 1 min Repeat x 3	REST	Run 12 mins Walk 2 mins Repeat x 2	REST	REST	Run 8 mins Walk 2 mins Repeat x 3
6	REST	Run 15 mins Walk 1 min Repeat x 2	REST	Run 8 mins Walk 2 mins Repeat x 3	REST	REST	5K RUN!