

# 5km Training Program

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 1</b>	1.5km	REST DAY	2km	REST DAY	1.5km	REST DAY	REST DAY
<b>Week 2</b>	1.5km	REST DAY	2km	REST DAY	REST DAY	3.5km	REST DAY
<b>Week 3</b>	2.5km	REST DAY	3km	REST DAY	REST DAY	4km	REST DAY
<b>Week 4</b>	2.5km	REST DAY	3km	REST DAY	REST DAY	3.5km	REST DAY
<b>Week 5</b>	REST DAY	2km	REST DAY	2km	REST DAY	1km	EVENT DAY

