

OASIS
ZOOrun

5 km

This is a beginner 8 week running program designed for participants to run 5 km continuously

Week 1:

Day 1: Rest
Day 2: **WU 1 min Run, 1 min Walk x 4 repeats**
Day 3: Rest
Day 4: 1 min Run, 1 min Walk x 6 repeats
Day 5: Rest
Day 6: Rest
Day 7: 1 min Run, 1 min Walk x 8 repeats

Week 2:

Day 1: 2 min Run, 1 min Walk x 3 repeats
Day 2: 2 min Run, 1 min Walk x 4 repeats
Day 3: 2 min Run, 1 min Walk x 5 repeats

Week 3:

Day 1: 3 min Run, 1 min Walk x 4 repeats
Day 2: 3 min Run, 1 min Walk x 5 repeats
Day 3: 1 min Run, 1 min Walk x 4 repeats

Week 4:

Day 1: 4 min Run, 1 min Walk x 3 repeats
Day 2: 4 min Run, 1 min Walk x 4 repeats
Day 3: 4 min Run, 1 min Walk x 5 repeats

Week 5:

Day 1: 5 min Run, 1 min Walk x 2 repeats
Day 2: 5 min Run, 1 min Walk x 3 repeats
Day 3: 5 min Run, 1 min Walk x 4 repeats

Week 6:

Day 1: 6 min Run, 1 min Walk x 2 repeats
Day 2: 6 min Run, 1 min Walk x 3 repeats
Day 3: 6 min Run, 1 min Walk x 4 repeats

Week 7:

Day 1: 8 min Run, 1 min Walk x 2 repeats
Day 2: 8 min Run, 1 min Walk x 3 repeats
Day 3: 8 min Run, 1 min Walk x 4 repeats

Week 8:

Day 1: 10 min Run
Day 2: 20 min Run
Day 3: **25-30 min Run**

Each workout will begin with a **Warm Up (WU)** of 5 minutes of brisk walking and a **Cool Down (CD)** of 5-10 minutes of walking.

Rest Days are designed for participants to perform cross-training exercises (bike, walk, swim etc) or rehab exercises as prescribed by a physio or coach. We recommend **at least 1 rest day between each run day** as shown in Week 1 for the full duration of the program.