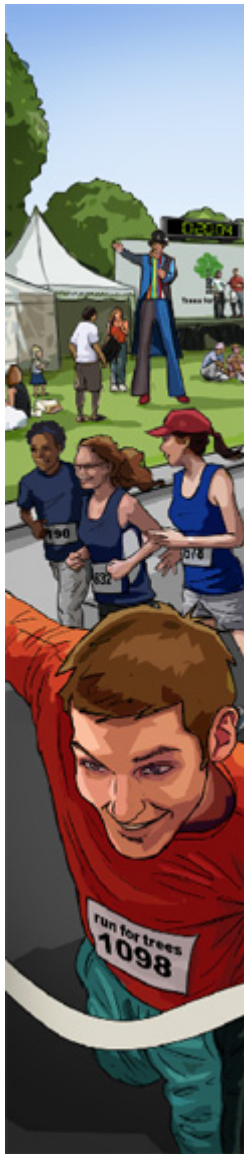




TREE-ATHLON 2008

5km Run | Tree Wish | Plant a Tree



5 km Training Schedule

Week 1

Run one min, walk 90 seconds. Repeat eight times. Do three times a week.

Week 2

Run two mins, walk one min. Repeat seven times. Do three times a week.

Week 3

Run three mins walk one mins. Repeat six times. Do three times a week.

Week 4

Run five mins, walk two mins. Repeat four times. Do three times a week.

Week 5

Run eight mins, walk two mins. Repeat three times. Do three times a week.

Week 6

Run 12 mins, walk one min. Repeat three times. Do three times a week.

Week 7

Run 15 mins, walk one min, Run fifteen mins. Do three times a week

Week 8

Run 30 mins continuously.