

# NUTLEY FC 5K RUN



**GET FIT - RUNNING IS GOOD FOR THE HEAD AND BODY (INC KNEES)**



**WE'RE TARGETING A GROUP RUN AT UCKFIELD PARKRUN ON DD-MMM-YY  
COME ON - GET INVOLVED - IT'LL BE FUN!**

**SUGGESTED TRAINING PLAN - BUILD IN SPARE WEEKS - IF YOU MISS TOO MUCH ONE WEEK THEN JUST REPEAT THE WEEK**

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9
Day 1	Run 1 min, walk 1 min, repeat x10	Run 2 min, walk 1 min, repeat x 8	Run 4 min, walk 1 min, repeat x 5	Run 6 min, walk 1 min, repeat x 4	Run 8 min, walk 1 min, repeat x 3	Run 10 min, walk 1 min, repeat x 3	Run 15 min, walk 1 min, repeat x 2	Run 25 min, walk 1 min, run 5 min	Run 30 min
Day 2	Strength	Strength	Strength	Strength	Strength	Strength	Strength	Strength	Strength
Day 3	Repeat day 1	Repeat day 1	Repeat day 1	Repeat day 1	Repeat day 1	Repeat day 1	Run 18 min, walk 1 min, run 12 min	Run 30 min	Run 20 min
Day 4	Strength	Strength	Strength	Strength	Strength	Strength	Strength	Strength	Strength
Day 5	Repeat day 1	Repeat day 1	Repeat day 1	Repeat day 1	Repeat day 1	Repeat day 1	Run 20 min, walk 1 min, run 10 min	Run 30 min	Run 5K

**STRENGTH IS IMPORTANT - FOCUS ON YOUR CORE, GLUTES AND HIP FLEXORS**

**MORE INFORMATION AVAILABLE ONLINE AT [WWW.NUTLEYFC.CO.UK/RUN](http://WWW.NUTLEYFC.CO.UK/RUN) (OR FOLLOW THE QR CODE)  
STRETCHING. STRENGTH ROUTINES. KNEES OVER TOES. LOCAL PHYSIOS. LOCAL RUN COACH. STRAVA GROUP.**