**5k to 10k suggested programme**

The club will host a guided run on Monday nights for 8/9 weeks to build up to being able to run for 1 hour. If there are a lot of runners, we may split into two groups. At this point, or any point in the programme you may join another club run group as and when you are ready.

**Week 1: Monday 9th March**– 30 min steady run. Charles Dickens school 6.30pm

Self-guided run suggestions: a) 20 min steady run; b) 10 min jog, 3 min tempo (push yourself!), 10 jog-23 mins total

**Week 2: Monday 16th** - 30 min steady run. Charles Dickens school 6.30pm

Self-guided run suggestions: a) 20 min steady run; b) 10 min jog, 2 min fast, 2 min jog x2, 8 min steady -26 mins total

**Week 3: Monday 23rd** – 35 min steady run. Charles Dickens school 6.30pm

Self-guided run suggestions: a) 20 min steady run; b) 10 min jog, 5 min tempo (push yourself!), 10 jog-25 mins total

**Week 4: Monday 30th** – 40 min steady run. Charles Dickens school 6.30pm

Self-guided run suggestions: a) 20 min steady run; b) 10 min jog, 2 min fast, 2 min jog x3, 8 min steady -30 mins total

**Week 5: Monday 6th April** – 45 min steady run. Charles Dickens school 6.30pm

Self-guided run suggestions: a) 15 min steady run; b) 10 min jog, 1 min fast, 1 min jog x4 -18 mins total

**Week 6: Monday 13th** – 45 min steady run. Charles Dickens school 6.30pm

Self-guided run suggestions: a) 25 min steady run; b) 10 min jog, 7 min tempo (push yourself!), 10 steady-27 mins total

**Week 7: Monday 20th** – 50 min steady run. Charles Dickens school 6.30pm

Self-guided run suggestions: a) 25 min steady run; b) 10 min jog, 2 min fast, 2 min jog x4, 8 mins steady - 34 mins total

**Week 8: Monday 27th** – 55 min steady run. Charles Dickens school 6.30pm

Self-guided run suggestions: a) 25 min steady run; b) 10 min jog, 9 min tempo (push yourself!), 10 steady-29 mins total

**Week 9: Monday 4th May** – 60 min steady run. Charles Dickens school 6.30pm

Self-guided run suggestions: a) 15 min steady run; b) 10 min jog, 1 min fast, 1 min jog x4 - 18 mins total

**Continue!**

Your options are:

Monday night club runs: 1 hour/3 speed groups – 6.30pm Charles Dickens

Tuesday morning club run: 1 hour – mixed ability group – 9.30am Botany Bay

Thursday night club run alternates between hill training and track training 6.30pm (details on website)

Friday night club run: 1 hour – mixed ability – 6.30pm Hartsdown leisure centre

Saturday Park Run

Sunday morning club run: 1.5 hours – mixed ability – 8am Hartsdown Road