

LIFT

5KM RUN GUIDE

THE LIFT RUNNING PLAN IS A 5KM PLAN RUN OVER THE COURSE OF 6 WEEKS



LIFT
BY LEANNE

LIFT 5KM RUN PLAN

From time to time you may like to LIFT your training regime with something a little new!

Running, jogging or walking is a lovely way to compliment your LIFT weights classes.

Here is a 6 week plan based on just 2 runs per week to get you from zero to 5km.

GUIDELINES

PLEASE ENSURE TO WARM UP FULLY PRIOR TO EACH RUN FOR AT LEAST 3-5 MINUTES.

PLEASE ENSURE TO COOL DOWN AND STRETCH CORRECTLY AFTER EACH RUN FOR
A MINIMUM OF 5 MINUTES.

TAKE EACH RUN AT YOUR OWN PACE, RESTING AS OFTEN AS YOU NEED TO.

PLEASE ENSURE YOU ARE WEARING THE CORRECT FOOTWEAR FOR A RUN .

TOP TIP: PRINT OFF THIS PLAN AND FILL IN YOUR WORKOUTS WEEKLY.

Week 1

RUNNING PLAN - 5KM WITH LIFT BY LEANNE

| | |
|--------------------|--|
| RUN 1: | 1.5KM Run or Jog the distance. Alternatively opt to partly walk and partly run/jog. |
| Run 2 | 2km Run or jog the distance. Alternatively opt to partly walk and partly run/jog. |
| | |
| TOTAL RUNS: | 2 |

PLAN OUT YOUR WORKOUTS AND RUNS
BELOW

MON

TUE

WED

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FRI

WEEK
END

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Week 2

RUNNING PLAN - 5KM WITH LIFT BY LEANNE

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|--------------------|--|
| RUN 1: | 2.5KM Run or Jog the distance. Alternatively opt to partly walk and partly run/jog. |
| Run 2 | 2KM Run or jog the distance. Alternatively opt to partly walk and partly run/jog. |
| | |
| TOTAL RUNS: | 2 |

PLAN OUT YOUR WORKOUTS AND RUNS BELOW

MON

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Week 3

RUNNING PLAN - 5KM WITH LIFT BY LEANNE

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|--------------------|--|
| RUN 1: | 3KM Run or Jog the distance. Alternatively opt to partly walk and partly run/jog. |
| Run 2 | 2KM Run or jog the distance. Alternatively opt to partly walk and partly run/jog. |
| | |
| TOTAL RUNS: | 2 |

PLAN OUT YOUR WORKOUTS AND RUNS
BELOW

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Week 4

RUNNING PLAN - 5KM WITH LIFT BY LEANNE

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|--------------------|--|
| RUN 1: | 3.5KM Run or Jog the distance. Alternatively opt to partly walk and partly run/jog. |
| Run 2 | 3KM Run or jog the distance. Alternatively opt to partly walk and partly run/jog. |
| | |
| TOTAL RUNS: | 2 |

PLAN OUT YOUR WORKOUTS AND RUNS
BELOW

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Week 5

RUNNING PLAN - 5KM WITH LIFT BY LEANNE

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|--------------------|--|
| RUN 1: | 4KM Run or Jog the distance. Alternatively opt to partly walk and partly run/jog. |
| Run 2 | 3KM Run or jog the distance. Alternatively opt to partly walk and partly run/jog. |
| | |
| TOTAL RUNS: | 2 |

PLAN OUT YOUR WORKOUTS AND RUNS
BELOW

MON

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Week 6

RUNNING PLAN - 5KM WITH LIFT BY LEANNE

| | |
|--------------------|--|
| RUN 1: | 4.5KM Run or Jog the distance. Alternatively opt to partly walk and partly run/jog. |
| Run 2 | 3KM Run or jog the distance. Alternatively opt to partly walk and partly run/jog. |
| | |
| TOTAL RUNS: | 2 |

PLAN OUT YOUR WORKOUTS AND RUNS
BELOW

MON

TUE

WED

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WEEK
END

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5 KM RUN WEEK

Attempt your first 5km run or jog on Week 7

Time your attempt

Congrats on completing the LIFT 5km Plan