

## Training Program – 6km

|               | Day 1                     | Day 2                      | Day 3                         | Day 4                     | Day 5                       | Day 6              | Day 7 |
|---------------|---------------------------|----------------------------|-------------------------------|---------------------------|-----------------------------|--------------------|-------|
| <b>Week 1</b> | Walking 30mins            | Walking 40mins             | Lower body stretch            | Walking 50mins            | Walking 1hr                 | Rest               | Rest  |
| <b>Week 2</b> | Walking 1hr               | Rest                       | Walking 1hr                   | Rest                      | Walking 1hr                 | Rest               | Rest  |
| <b>Week 3</b> | Walk / Jog 10mins         | Walk / Jog 20mins          | Lower body stretch            | Walk / Jog 30mins         | Walk / Jog 40mins           | Lower body stretch | Rest  |
| <b>Week 4</b> | Jogging fast pace 20mins  | Jogging medium pace 20mins | Lower body stretch            | Jogging slow pace 30mins  | Jogging slow pace 40mins    | Lower body stretch | Rest  |
| <b>Week 5</b> | Jogging fast pace 20mins  | Jogging medium pace 30mins | Lower body stretch            | Jogging slow pace 40mins  | Jogging slow pace 40mins    | Lower body stretch | Rest  |
| <b>Week 6</b> | Walking / Jog fast 1hr    | Rest                       | Walking / Jog medium pace 1hr | Rest                      | Walking / Jog slow pace 1hr | Lower body stretch | Rest  |
| <b>Week 7</b> | Jog / Run 80% max 10mins  | Jog / Run 80% max 20mins   | Lower body stretch            | Jog / Run 60% max 30mins  | Jog / Run 60% max 40mins    | Lower body stretch | Rest  |
| <b>Week 8</b> | Jog / Run 90% max 10mins  | Jog / Run 90% max 20mins   | Lower body stretch            | Jog / Run 80% max 30mins  | Jog / Run 80% max 40mins    | Lower body stretch | Rest  |
| <b>Week 9</b> | Running (non-stop) 20mins | Running (non-stop) 30mins  | Lower body stretch            | Running (non-stop) 40mins | Running (non-stop) 1hr      | Lower body stretch | Rest  |

This is a suggested training program designed to complete a 6km run. The training program does not take into account specific individuals including medical needs and capabilities. You should speak to your doctor or healthcare professional before starting any training program.

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