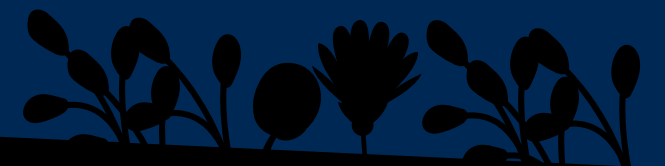




THE DERBY RUNNER

SPECIALIST RUNNING EQUIPMENT

5K to 11K Simple Training Programme

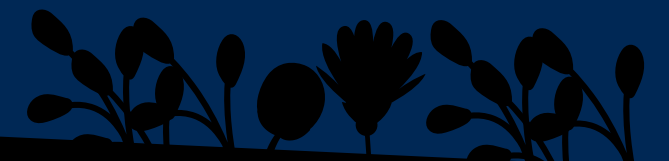


Week One:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4k jog	Rest or low impact exercise	Rest or low impact exercise	4k jog	Rest or low impact exercise	Rest or low impact exercise	5k jog

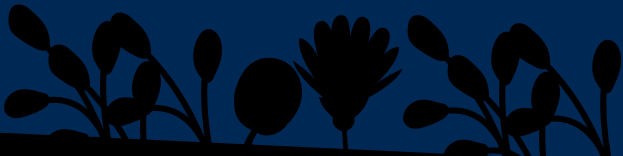
Week Two:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4k jog	Rest or low impact exercise	Rest or low impact exercise	1.5k warm up; 4 x 0.5k a little faster. 90s rest between reps. 1.5k cool down jog	Rest or low impact exercise	Rest or low impact exercise	6k jog



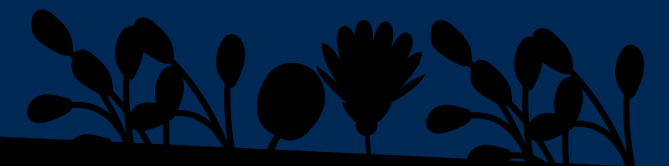
Week Three:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5k jog	Rest or low impact exercise	Rest or low impact exercise	4k jog	Rest or low impact exercise	Rest or low impact exercise	7k jog



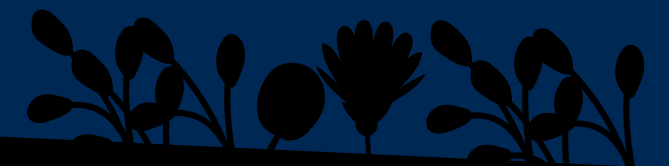
Week Four:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5k jog	Rest or low impact exercise	Rest or low impact exercise	1.5k warm up; 6 x 0.5k a little faster. 90s rest between reps. 1.5k cool down jog	Rest or low impact exercise	Rest or low impact exercise	8k jog



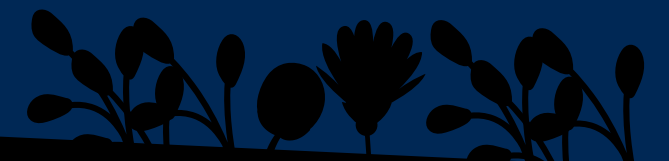
Week Five:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5k jog	Rest or low impact exercise	Rest or low impact exercise	5k jog	Rest or low impact exercise	Rest or low impact exercise	9k jog



Week 6:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5k jog	Rest or low impact exercise	Rest or low impact exercise	1.5k warm up; 4 x 1k a little faster. 90s rest between reps. 1.5k cool down jog	Rest or low impact exercise	Rest or low impact exercise	10k jog



Race week (Week 7):

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5k jog	Rest or low impact exercise	Rest or low impact exercise	3k jog	Rest	Rest	Race Day!