



# Running Divas 16 Week Beginner 0 to 5km Run Program

This program is for the beginner runner and will slowly build up your distance and confidence with running with more time than the other beginner programs. You need zero run experience to start this program. At the end of this program you will run 5kms at carman’s Women’s Fun Run 2018.

**Do you want the full program – Go to [www.runningdivas.com.au](http://www.runningdivas.com.au) to either purchase this program or become a member**

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Running Divas Strength program	Warm up drills Walk 2mins & Run 1min for 300m Stretch & foam roll	Rest	Warm up drills Walk 2mins & Run 1min for 400m Stretch & foam roll	Xtraining 30mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, Pilates	Warm up drills Run 400m Take as many walk breaks as you need Stretch & foam roll	Rest
2	Running Divas Strength program	Warm up drills Walk 1min & Run 1min for 300m Stretch & foam roll	Rest	Warm up drills Walk 1min & Run 1min for 400m Stretch & foam roll	Xtraining 30mins Choose - Spin, cycle, swim, aqua aerobics, deep water running, yoga, Pilates	Warm up drills Run 700m Take as many walk breaks as you need Stretch & foam roll	Rest