



4 Weeks to 4km

Looking to have a go at the Free Fun Run but not sure where to start?
Get 4km fit in just four weeks thanks to this guide from Simon Brooker Coaching.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Commences 19 October	Rest Day	20min Easy Run <i>Can be done as 3min run, then 2 min walk.</i>	Rest Day	20min Easy Run	30mins Cross Train	Rest Day	30min Easy Run
2 Commences 26 October	Rest Day	25min Easy Run <i>Can be done as 3min run, then 2 min walk.</i>	30min Optional Walk	30min Easy Run	30mins Cross Train	Rest Day	35min Easy Run
3 Commences 2 November	Rest Day	30min Easy Run <i>Can be done as 3min run, then 2 min walk.</i>	30min Optional Walk	40min Easy Run	30mins Cross Train	Rest Day	40min Easy Run
4 Commences 9 November	Rest Day	35min Easy Run	30min Optional Walk	30min Easy Run	30mins Cross Train	Rest Day	4KM FUN RUN DAY

*Cross Train = Swimming / Walking / Gym Training

*Easy Run = Running at a pace where you can still have a conversation with someone, easy to breathe, and if you are not able to run the whole time then run for what you can, walk for a bit and then continue running

If you want a more specific training program personalised to you and your ability please visit www.simonbrookercoaching.com or www.fortiusrunningclub.com