

**RED
SOCKS
RUN**



Red Socks Run

Beginner 2km training plan

Created by [Andrea Doney, runwiththeslowcoach.com](http://runwiththeslowcoach.com)



	SESSION 1	SESSION 2	SESSION 3	SESSION 4	NOTES
WEEK 1	Walk 1 min Run 1 min Repeat 20 mins	Brisk walk 30 mins	Walk 1 min Run 1 min Repeat 20 mins	Swim, cycle, walk or cross train	Drink extra water this week!
WEEK 2	Walk 1 min Run 1 min 15 sec Repeat 20 mins	Brisk walk 35 mins	Walk 1 min Run 1 min 15 sec Repeat 20 mins	Walk 1 min Run 1 min 15 sec Repeat 20 mins	Focus on your 'why' - your reason for doing the red socks run
WEEK 3	Walk 45 sec Run 1 min 30 sec Repeat 20 mins	Swim, cycle, walk or cross train	Walk 1 min Run 2 mins Repeat 30 mins	Rest	Are you getting enough sleep?
WEEK 4	Swim, cycle, walk or cross train	Brisk walk 40 mins	Walk 30 sec Run 2 mins Repeat 25 mins	Run for 5 mins 10 min walk Run for 5 mins	Plan a reward :)
WEEK 5	Walk 1 km Run 1km Walk 1km	Rest	Swim, cycle, walk or cross train	Run 2km Easy, slow effort!	WELL DONE!