

start-to-run

	Feeling	Rating
SD (slow distance)	light	1 to 3
ER (easy run)	average	3 to 4
T (temporun)	somewhat hard	5 to 6
INT (intensive)	intensive	7 to 8

running parts in SD (slow running)
walking parts in green (fast walking)

week	Training
week 1	$5 + 4 \times (1-1) + 2 \times (2-2) + 2 \times (2-1)$ $5 + 4 \times (1-1) + 2 \times (2-2) + 2 \times (2-1)$ $5 + 4 \times (1-1) + 2 \times (2-2) + 2 \times (2-1)$
week 2	$5 + 4 \times (1-1) + 2 \times (2-2) + 2 \times (2-1)$ $5 + 4 \times (1-1) + 2 \times (2-2) + 2 \times (2-1)$ $5 + 4 \times (1-1) + 2 \times (2-2) + 2 \times (2-1)$
week 3	$5 + 2 \times (2-2) + 1 \times (3-3) + 2 \times (3-2)$ $5 + 2 \times (2-2) + 1 \times (3-3) + 2 \times (3-2)$ $5 + 2 \times (2-2) + 1 \times (3-3) + 2 \times (3-2)$
week 4	$5 + 3 \times (2-2) + 1 \times (4-3) + 2 \times (3-3)$ $5 + 3 \times (2-2) + 1 \times (4-3) + 2 \times (3-3)$ $5 + 1 \times (3-2) + 2 \times (4-3) + 2 \times (3-2)$
week 5	$5 + 1 \times (4-3) + 2 \times (5-3) + 1 \times (4-3)$ $3 + 1 \times (5-2) + 2 \times (7-2) + 1 \times (5-2)$ $3 + 1 \times (5-2) + 2 \times (7-2) + 1 \times (5-2)$
week 6	$3 + 1 \times (5-2) + 2 \times (7-2) + 1 \times (5-2)$ $2 + (8 - 2) + (10 - 3) + (8 - 2)$ $2 + (8 - 2) + (10 - 3) + (8 - 2)$
week 7	$2 + (8 - 2) + (10 - 3) + (8 - 2)$

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$$2 + 2 \times (11 - 2) + (8 - 1)$$

$$2 + 2 \times (11 - 2) + (8 - 1)$$

week 8

$$2 + 2 \times (15 - 2)$$

$$2 + 2 \times (15 - 2)$$

5K (non stop running)