

turtle method™



OCTAGON
challenge 3.0

FROM COUCH TO 5KM





WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	15 mins walk	REST DAY	15 mins walk	REST DAY	10 min walk, 5x (1 min slow jog into 1 min walk)	REST DAY	Virtual Run
2	10 min walk, 10 min FAST walk	REST DAY	10 min walk, 10 min FAST walk	REST DAY	5 min walk warm up. 4x (2 min slow jog into 1 min walk)	REST DAY	Virtual Run
3	5 min walk, 15 min FAST walk	REST DAY	5 min walk, 15 min FAST walk	REST DAY	10 min walk warm up, 2x (4 min slow jog into 2 min walk)	REST DAY	Virtual Run
4	20 min FAST walk	REST DAY	20 min FAST walk	REST DAY	5 min walk warm up, 6-8x (1 min slow jog into 30 secs walk)	REST DAY	Virtual Run
5	10 min walk, 15 min FAST walk, 5 min walk	REST DAY	10 min walk, 15 min FAST walk, 5 min walk	REST DAY	5 min walk warm up, 2x (1 min slow jog, 1 min walk, 2 min slow jog, 1 min walk, 3 mins slow jog, 1 min walk)	REST DAY	Virtual Run
6	20 min FAST walk	REST DAY	20 min FAST walk	REST DAY	5 min walk warm up, 2x (1 min slow jog, 1 min walk, 2 min slow jog, 1 min walk, 3 mins slow jog, 1 min walk)	REST DAY	Virtual Run
7	3x (5 min FAST walk into 3 mins slow jog)	REST DAY	3x (5 min FAST walk into 3 mins slow jog)	REST DAY	5 mins walk, 3x (5 mins slow jog into 90 secs walk)	REST DAY	Virtual Run
8	15 mins jog	REST DAY	15 mins jog	REST DAY	15 mins slow jog, 10 mins walk, 5 mins slow jog	REST DAY	Virtual Run



GUIDED WALK/ RUN SESSION:	Here is a great guided walk /run session: https://www.youtube.com/watch?v=fXShlZ-sAr0&t=2s
WALK:	Take this nice and easy, but make sure you have the right footwear on. Treat this like a workout and wear appropriate clothing. Part of the process is about preparing the mind as much as the body.
FAST WALK:	When fast walking really focus on breathing and using your arms to drive your body. This shouldn't be a relaxed walk, you should be walking with purpose- I recommend listening to some music and focusing on maintaining a good walking pace.
SLOW JOG:	A slow jog is all about the manor in which it is performed rather than the speed. So focus on shortening your stride and taking more steps, move your arms in time with your feet. The pace should in reality not be too different to a fast walk but the style is different to a walking stride.
JOG:	There is not wrong way to jog so if you want to take walking breaks then please do, use them to catch your breath and get back to a gentle jog again. Be purposeful with your jog, intention is important.



MILE PACE CHART








Goal Marathon Time	3h00	3h15	3h30	3h45	4h00	4h15	4h30	4h45	5h00
Easy/recovery runs	7:35 - 8:10	8:15 - 8:50	8:50 - 9:30	9:30 - 10:10	10:10 - 10:50	10:50 - 11:35	11:20 - 12:00	12:00 - 12:50	12:50 - 13:30
Steady runs	7:15 - 7:35	7:50 - 8:10	8:30 - 8:50	9:05 - 9:30	9:45 - 10:05	10:20 - 10:45	10:55 - 11:20	11:30 - 12:00	12:10 - 12:40
Marathon pace	6:50 - 7:00	7:25 - 7:35	7:55 - 8:10	8:30 - 8:45	9:05 - 9:20	9:35 - 9:55	10:10 - 10:30	10:45 - 11:05	11:20 - 11:40
HM pace	6:30 - 6:45	7:00 - 7:15	7:30 - 7:50	8:05 - 8:25	8:35 - 9:00	9:05 - 9:30	9:40 - 10:00	10:10 - 10:40	10:40 - 11:10
10k pace	6:10 - 6:25	6:40 - 6:55	7:10 - 7:30	7:40 - 8:00	8:10 - 8:30	8:40 - 9:00	9:15 - 9:35	9:40 - 10:00	10:15 - 10:35
5k pace	5:55 - 6:05	6:20 - 6:30	6:50 - 7:00	7:20 - 7:30	7:50 - 8:00	8:20 - 8:30	8:50 - 9:00	9:20 - 9:30	9:50 - 10:00










KILOMETER PACE CHART

Goal Marathon Time	3h00	3h15	3h30	3h45	4h00	4h15	4h30	4h45	5h00
Easy/ recovery runs	4:43 - 5:05	5:08 - 5:29	5:29 - 5:54	5:54 - 6:19	6:19 - 6:44	6:44 - 7:12	7:03 - 7:27	7:27 - 7:58	7:58 - 8:23
Steady runs	4:30 - 4:43	4:53 - 5:05	5:17 - 5:29	5:39 - 5:54	6:04 - 6:15	6:25 - 6:40	6:47 - 7:03	7:08 - 7:27	7:33 - 7:52
Marathon pace	4:16 - 4:29	4:37 - 4:43	4:55 - 5:05	5:17 - 5:26	5:39 - 5:48	5:56 - 6:10	6:19 - 6:31	6:40 - 6:54	7:03 - 7:15
HM pace	4:03 - 4:12	4:21 - 4:31	4:39 - 4:53	5:01 - 5:13	5:20 - 5:37	5:39 - 5:54	6:00 - 6:13	6:19 - 6:37	6:37 - 6:57
10k pace	3:50 - 4:00	4:08 - 4:17	4:26 - 4:39	4:46 - 4:58	5:05 - 5:17	5:23 - 5:37	5:45 - 5:56	6:00 - 6:13	6:23 - 6:34
5k pace	3:41 - 3:46	3:56 - 4:03	4:16 - 4:21	4:33 - 4:39	4:53 - 4:58	5:10 - 5:17	5:29 - 5:37	5:48 - 5:54	6:07 - 6:13








Week 1

6:30 am						
MON	TUE	WED	THU	FRI	SAT	SUN
15 mins walk	REST DAY	15 mins walk	REST DAY	10 min walk, 5x (1 min slow jog into 1 min walk)	REST DAY	Virtual Run
						








Week 2

6:30 am						
MON	TUE	WED	THU	FRI	SAT	SUN
10 min walk, 10 min FAST walk	REST DAY	10 min walk, 10 min FAST walk	REST DAY	5 min walk warm up. 4x (2 min slow jog into 1 min walk)	REST DAY	Virtual Run
						








Week 3

6:30 am						
MON	TUE	WED	THU	FRI	SAT	SUN
5 min walk, 15 min FAST walk	REST DAY	5 min walk, 15 min FAST walk	REST DAY	10 min walk warm up, 2x (4 min slow jog into 2 min walk)	REST DAY	Virtual Run
						








Week 4

6:30 am						
MON	TUE	WED	THU	FRI	SAT	SUN
5 min walk, 15 min FAST walk	REST DAY	5 min walk, 15 min FAST walk	REST DAY	5 min walk warm up, 6-8x (1 min slow jog into 30 secs walk)	REST DAY	Virtual Run
						








Week 5

6:30 am						
MON	TUE	WED	THU	FRI	SAT	SUN
10 min walk, 15 min FAST walk, 5 min walk	REST DAY	10 min walk, 15 min FAST walk, 5 min walk	REST DAY	5 min walk warm up, 2x (1 min slow jog, 1 min walk, 2 min slow jog, 1 min walk, 3 mins slow jog, 1 min walk)	REST DAY	Virtual Run
						








Week 6

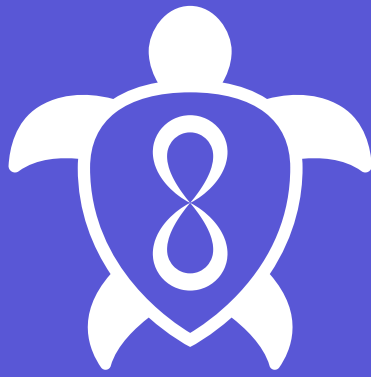
6:30 am						
MON	TUE	WED	THU	FRI	SAT	SUN
20 min FAST walk	REST DAY	20 min FAST walk	REST DAY	5 min walk warm up, 2x (1 min slow jog, 1 min walk, 2 min slow jog, 1 min walk, 3 mins slow jog, 1 min walk)	REST DAY	Virtual Run
						

Week 7

6:30 am						
MON	TUE	WED	THU	FRI	SAT	SUN
3x (5 min FAST walk into 3 mins slow jog)	REST DAY	3x (5 min FAST walk into 3 mins slow jog)	REST DAY	5 mins walk, 3x (5 mins slow jog into 90 secs walk)	REST DAY	Virtual Run
						

Week 8

6:30 am						
MON	TUE	WED	THU	FRI	SAT	SUN
15 mins jog	REST DAY	15 mins jog	REST DAY	15 mins slow jog, 10 mins walk, 5 mins slow jog	REST DAY	Virtual Run
						



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