

Julia Jones's
Basic 5km
Training
Programme
Week Eight



Week EIGHT of my Basic 5km training program has you really, truly running...

You don't have to believe all the things they tell you about running...

Congratulations for making it to the eighth and final week of my base program!

If you've faithfully followed the workouts you should be feeling better than ever, with increased energy and vitality. You should also be able to run for 5km or 3 miles (even in the "free form" mode) with much less effort than eight weeks ago.

All the photos in the Base Program are from my own archives. My husband took this photo of me at the finish line of a race this last summer in Italy.

You can see the beautiful Dolomites in the background. It was a gorgeous off-trail 12km race with streams, creeks, and buck deer crossing my path. I felt exhilarated (probably from all the pure oxygen!) and completely thrilled to just BE there.

A lot of women's magazines will try and convince you that running is a calorie equivalent calculation that you can use to burn off whatever fancy coffee drink they've invented for the season. Gyms will push you into believing that running is standing on a rubber belt that flips over and over while you stare at a television screen and

numb your mind to what you're body is doing. Please turn the page as fast as you can, or better yet, don't open it at all. That's not what running is to me at all. Running is taking time for myself, taking care of my body, in the best way I know and can. One step at a time. I hope you feel the same way too!

Contact info for
Julia Jones:
email: jejones@libero.it
skype: [juliainitaly](#)

Be sure to let us know if you're tried the programme!
Visit us at Two Fit Chicks and a Microphone website
www.twofitchicks.org

Workout Week nr.8

Free Form Walking Warmup with a brisk five minute walk.	5:00
Slow run or fast walk - you choose!	5:00
Stretching - just soft stretches to get you ready for the next running exercises	3:00
2 km free form running Remember that "free form" means you can run the whole time or insert some walking into the exercise - or the opposite - you can walk at a fast pace and then break into a run whenever you feel like it.	10:00- 18:00
Rest	5:00
2 x 1km free form running, 3' rest between each km. You should all now have a pretty good idea how much time it takes you to run one kilometre. Make sure that these last two are in "progression" by running the first one slow and the second one at a faster pace. Take up to 3 minutes of rest between to get your heart rate back to a normal rate.	13:00- 21:00