

TRAIN YOUR WAY TO A

5K

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Congratulations on making the decision to participate in this six-week training program! This program will help you prepare to complete a 5K run/walk event. There is a beginner and intermediate plan to follow. Choose which plan best fits your activity experience. Follow the program as closely as you can. However, if you miss a day or fall behind, simply make whatever modifications necessary to get back on track.

Key for 5K Training Guide

Cross training..... Choose a different activity, other than walking or running. Try strength training, yoga, water aerobics, biking or inline skating. Cross training is a great way to stave off boredom and reduces the risk of developing overuse injuries.

Rest..... Set aside at least one or two days a week to rest and recover from your training.

Run/walk..... When beginning a training program, it is best to start slow and gradually increase your distance and time. It is okay to take walk breaks or slow your pace during your training workouts. This model may help you to go further and not tire as easily.

Beginner



Follow the activities listed in the light blue shaded row.

Intermediate



Follow the activities listed in the dark blue shaded row.

5 K TRAINING GUIDE							
Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	<input type="checkbox"/> Cross train or rest	<input type="checkbox"/> 1 mile run/walk	<input type="checkbox"/> Cross train or rest	<input type="checkbox"/> 1.25 mile run/walk	REST	<input type="checkbox"/> 1.5 mile run/walk	<input type="checkbox"/> 60 min. walk
	<input type="checkbox"/> Cross train or rest	<input type="checkbox"/> 2 mile run/walk	<input type="checkbox"/> Cross train or rest	<input type="checkbox"/> 2 mile run/walk	REST	<input type="checkbox"/> 2.5 mile run/walk	<input type="checkbox"/> 60 min. walk
2	<input type="checkbox"/> Cross train or rest	<input type="checkbox"/> 1.75 mile run/walk	<input type="checkbox"/> Cross train or rest	<input type="checkbox"/> 1.5 mile run/walk	REST	<input type="checkbox"/> 1.75 mile run/walk	<input type="checkbox"/> 60 min. walk
	<input type="checkbox"/> Cross train or rest	<input type="checkbox"/> 2 mile run/walk	<input type="checkbox"/> Cross train or rest	<input type="checkbox"/> 2 mile run/walk	REST	<input type="checkbox"/> 2.5 mile run/walk	<input type="checkbox"/> 60 min. walk
3	<input type="checkbox"/> Cross train or rest	<input type="checkbox"/> 2 mile run/walk	<input type="checkbox"/> Cross train or rest	<input type="checkbox"/> 1.5 mile run/walk	REST	<input type="checkbox"/> 2 mile run/walk	<input type="checkbox"/> 60 min. walk
	<input type="checkbox"/> Cross train or rest	<input type="checkbox"/> 2.5 mile run/walk	<input type="checkbox"/> Cross train or rest	<input type="checkbox"/> 2.5 mile run/walk	REST	<input type="checkbox"/> 3 mile run/walk	<input type="checkbox"/> 60 min. walk

5 K TRAINING GUIDE							
Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4	<input type="checkbox"/> Cross train or rest	<input type="checkbox"/> 2.25 mile run/walk	<input type="checkbox"/> Cross train or rest	<input type="checkbox"/> 2 mile run/walk	REST	<input type="checkbox"/> 2.5 mile run/walk	<input type="checkbox"/> 60 min. walk
	<input type="checkbox"/> Cross train or rest	<input type="checkbox"/> 3 mile run/walk	<input type="checkbox"/> Cross train or rest	<input type="checkbox"/> 3 mile run/walk	REST	<input type="checkbox"/> 3.5 mile run/walk	<input type="checkbox"/> 60 min. walk
2 WEEKS OUT!							
5	<input type="checkbox"/> Cross train or rest	<input type="checkbox"/> 3 mile run/walk	<input type="checkbox"/> Cross train or rest	<input type="checkbox"/> 2 mile run/walk	REST	<input type="checkbox"/> 3 mile run/walk	<input type="checkbox"/> 60 min. walk
	<input type="checkbox"/> Cross train or rest	<input type="checkbox"/> 3 mile run/walk	<input type="checkbox"/> Cross train or rest	<input type="checkbox"/> 3 mile run/walk	REST	<input type="checkbox"/> 4 mile run/walk	<input type="checkbox"/> 60 min. walk
6	<input type="checkbox"/> Cross train or rest	<input type="checkbox"/> 2 mile run/walk	<input type="checkbox"/> Cross train or rest	<input type="checkbox"/> 2 mile run/walk	REST	5K RACE!	RECOVERY
	<input type="checkbox"/> Cross train or rest	<input type="checkbox"/> 2 mile run/walk	<input type="checkbox"/> Cross train or rest	<input type="checkbox"/> 2 mile run/walk	REST	5K RACE!	RECOVERY