



## Beginner 5k Training Plan

This training plan is designed to prepare non runners to slowly and safely prepare to jog the Girls on the Run 5k at the conclusion of the 10 week season. **If you have any medical concerns, consult your physician before participating in any strenuous activity.** Make your goals realistic. Don't expect to go every day. Too much too fast will get you injured. Enjoy your rest days as much as the workouts. Have fun!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday*	Sunday
<b>Week 1: Goal:</b> Get yourself moving!						
Walk 20 min	REST	Walk 20-30 min	Walk 20-30 min	REST	Walk 20-30 min	REST
<b>Week 2: Goal:</b> Find a partner to help enjoy the time.						
Begin with 10 min walk <i>Alternate 5 times:</i> 1 min run, 1 min walk Finish with 10 min walk	REST	Begin with 10 min walk <i>Alternate 5 times:</i> 2 min run, 1 min walk Finish with 5 min walk	Walk 30 min	REST	Begin with 10 min walk <i>Alternate 5 times:</i> 2 min run, 2 min walk Finish with 5 min walk	REST
<b>Week 3: Goal:</b> Stretch after your workouts; it helps eliminate aches & pains.						
Begin with ½ mile walk <i>Alternate 7 times:</i> 1 min run, 1 min walk Finish with ½ mile walk	REST	Begin with ½ mile walk <i>Alternate 5 times:</i> 2 min run, 2 min walk Finish with ½ mile walk	Walk 30 min	REST	Begin with 1 mile walk <i>Alternate 5 times:</i> 2 min run, 2 min walk Finish with ½ mile walk	REST
<b>Week 4: Goal:</b> Learn how far a 5K is. Find out what it's going to take.						
Begin with 5 min walk <i>Alternate 4 times:</i> 3 min run, 2 min walk Finish with ½ mile walk	REST	Begin with 5 min walk <i>Alternate 5 times:</i> 2 min run, 2 min walk Finish with ½ mile walk	Walk 30 min	REST	Begin with 10 min walk <i>Run 5 min</i> Finish with ½ mile walk	10/10 REST
<b>Week 5: Goal:</b> Notice how a regular walking and running routine affects your mood and your energy level.						
Begin with 2 min walk <i>Alternate 2 times:</i> 5 min run, 2 min walk Finish with ½ mile walk	REST	Begin with 5 min walk <i>Alternate 5 times:</i> 2 min run, 2 min walk Finish with ½ mile walk	Begin with 10 min walk <i>Run 5 min</i> Finish with 15 min walk	REST	Begin with 5 min walk <i>Alternate 3 times:</i> 4 min run, 2 min walk Finish with ½ mile walk	10/17 REST



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<b>Week 6: Goal:</b> Change your scenery. Run and walk at a local park or find a different loop to keep it interesting.						
Begin with 2 min walk <i>Alternate 2 times:</i> 7 min run, 2 min walk Finish with ½ mile walk	REST	Begin with 5 min walk <i>Alternate 5 times:</i> 3 min run, 2 min walk Finish with ½ mile walk	Begin with 10 min walk <i>Run 10 min</i> Finish with 10 min walk	REST	Begin with 5 min walk <i>Alternate 4 times:</i> 4 min run, 2 min walk Finish with ½ mile walk	REST
<b>Week 7: Goal:</b> Make sure you are signed up for the race. (To register, go to <a href="http://www.girlsontherunde.org">www.girlsontherunde.org</a> )						
Begin with 2 min walk <i>Alternate 3 times:</i> 7 min run, 2 min walk Finish with 3 min walk	REST	Begin with 2 min walk <i>Alternate 5 times:</i> 4 min run, 2 min walk Finish with 3 min walk	Begin with 10 min walk <i>Run 10 min.</i> Finish with 10 min walk	REST	Begin with 2 min walk <i>Alternate 5 times:</i> 4 min run, 2 min walk Finish with 3 min walk	REST
<b>Week 8: Goal:</b> Reward yourself for your training. You're almost there!						
Begin with 2 min walk <i>Alternate 3 times:</i> 7 min run, 1 min walk Finish with 3 min walk	REST	Begin with 2 min walk <i>Alternate 5 times:</i> 4 min run, 2 min walk Finish with 3 min walk	Begin with 10 min walk <i>Run 15 min.</i> Finish with 10 min walk	REST	Begin with 2 min walk <i>Alternate 2 times:</i> 10 min run, 2 min walk Finish with 3 min walk	REST
<b>Week 9: Goal:</b> Finish your first 5K...and have fun!!						
Begin with 2 min walk <i>Alternate 3 times:</i> 8 min run, 1 min walk Finish with 3 min walk	REST	Begin with 2 min walk <i>Alternate 5 times:</i> 4 min run, 2 min walk Finish with 3 min walk	REST	REST	RACE DAY!!	REST, as be proud of yourself