***My First 5K Run***

***Training Program***

**Training Goals:**

1. Be able to complete a 5K Run (3.1 miles).
2. Improve running form.
3. Complete the 5K feeling energized, instead of exhausted.

**Week 1**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Wednesday  Day 1 | Thursday  Day 2 | Friday  Day 3 | Saturday  Day 4 | Sunday  Day 5 | Monday  Day 6 | Tuesday  Day 7 |
| Run 2 minutes,  Walk 2 minutes.  Do this 5 times. | Rest | Run 2 minutes,  Walk 2 minutes.  Do this 7 times. | Rest | 30-minute  brisk walk | Run 2 minutes,  Walk 2 minutes.  Do this 7 times. | Rest |

* Think of these first few weeks as an investment in what could develop into a lifetime of fulfilling, injury-free running.
* Maintain a comfortable pace that feels easy enough to hold a conversation. If you are huffing and puffing, you are going too fast.
* Take additional walk breaks if necessary, but keep them at 20-30 seconds only and start running again.
* On rest days, you should do no exercise at all. But it is okay to cross-train with a no-impact activity like stretching, yoga or swimming.

**Week 2**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Wednesday  Day 1 | Thursday  Day 2 | Friday  Day 3 | Saturday  Day 4 | Sunday  Day 5 | Monday  Day 6 | Tuesday  Day 7 |
| Run 3 minutes,  Walk 2 minutes.  Do this 6 times. | Rest | Run 3 minutes,  Walk 2 minutes.  Do this 6 times. | Rest | 40-minute  brisk walk | Run 3 minutes,  Walk 2 minutes.  Do this 6 times. | Rest |

* Take additional walk breaks if necessary, but really try to do the 3-minute runs with no breaks. Continue to maintain a comfortable pace.

**Week 3**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Wednesday  Day 1 | Thursday  Day 2 | Friday  Day 3 | Saturday  Day 4 | Sunday  Day 5 | Monday  Day 6 | Tuesday  Day 7 |
| Run 5 minutes,  Walk 2 minutes.  Do this 5 times. | Rest | Run 5 minutes,  Walk 2 minutes.  Do this 5 times. | Rest | Run 5 minutes,  Walk 2 minutes.  Do this 5 times. | Run 5 minutes,  Walk 2 minutes.  Do this 5 times. | Rest |

**Week 4**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Wednesday  Day 1 | Thursday  Day 2 | Friday  Day 3 | Saturday  Day 4 | Sunday  Day 5 | Monday  Day 6 | Tuesday  Day 7 |
| Run 6 minutes,  Walk 2 minutes.  Do this 4 times. | Rest | Run 6 minutes,  Walk 2 minutes.  Do this 4 times. | Rest | Run 6 minutes,  Walk 2 minutes.  Do this 4 times. | Run 6 minutes,  Walk 2 minutes.  Do this 4 times. | Rest |

* How is it going?
* Are you running at a conversational pace? Are you feeling ready to run again after the walk breaks?
* Are you staying free of injuries?
* Far too many new runners give up because they try to run too hard, too soon. Have faith in yourself! Slow down if you are struggling! Repeat Weeks 1-3, if necessary.

**Week 5**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Wednesday  Day 1 | Thursday  Day 2 | Friday  Day 3 | Saturday  Day 4 | Sunday  Day 5 | Monday  Day 6 | Tuesday  Day 7 |
| Run 6 minutes.  Walk 2 minutes.  Run 10 minutes.  Walk 2 minutes.  Run 10 minutes.  Walk 2 minutes. | Rest | Run 6 minutes.  Walk 2 minutes.  Run 10 minutes.  Walk 2 minutes.  Run 10 minutes.  Walk 2 minutes. | Rest | Run 6 minutes.  Walk 2 minutes.  Run 10 minutes.  Walk 2 minutes.  Run 10 minutes.  Walk 2 minutes. | Run 6 minutes.  Walk 2 minutes.  Run 10 minutes.  Walk 2 minutes.  Run 10 minutes.  Walk 2 minutes. | Rest |

**Week 6**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Wednesday  Day 1 | Thursday  Day 2 | Friday  Day 3 | Saturday  Day 4 | Sunday  Day 5 | Monday  Day 6 | Tuesday  Day 7 |
| Run 10 minutes,  Walk 1 minute.  Do this 3 times. | Rest | Run 10 minutes,  Walk 1 minute.  Do this 3 times. | Rest | Run 10 minutes,  Walk 1 minute.  Do this 3 times. | Run 10 minutes,  Walk 1 minute.  Do this 3 times. | Rest |

**Week 7**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Wednesday  Day 1 | Thursday  Day 2 | Friday  Day 3 | Saturday  Day 4 | Sunday  Day 5 | Monday  Day 6 | Tuesday  Day 7 |
| Run 35 minutes.  Slow | Rest | Run 35-40 minutes.  Slow | Rest | Run 25-35 minutes.  Slow | Run 50 minutes.  Slow | Rest |

**Week 8**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Wednesday  Day 1 | Thursday  Day 2 | Friday  Day 3 | Saturday  Day 4 | Sunday  Day 5 | Monday  Day 6 | Tuesday  Day 7 |
| Celebration Run!!! | Run 20 minutes.  Slow | Rest up for the Big Day!!! | Race Day!!! | 30 min. walk |  |  |

YOU DID IT!!! 😊