




Beginning Running: The 5K Plan!



WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
10/1 – 10/7	Rest or Walk	J 1 min / W 2 min, total 20 min	Rest or XT 20 min	J 90 sec / W 2 min, total 20 min	Rest	XT or W 20 min	J 90 sec / W 2 min, total 20 min
10/8 – 10/14	Rest or Walk	J 2 min / W 2 min twice. J 3 min / W 3 min twice.	Rest or XT 20 min	J 2 min / W 2 min twice. J 3 min / W 3 min twice.	Rest	XT or W 20 min	J 2 min / W 2 min twice. J 4 min / W 2 min twice.
10/15 – 10/21	Rest or Walk	J 2 min / W 2 min twice. J 4 min / W 2 min twice.	Rest or XT 20 min	J 2 min / W 2 min twice. J 4 min / W 2 min twice.	Rest	XT or W 30 min	J 2 min / W 2 min twice. J 5 min / W 1 min twice.
10/22 – 10/28	Rest or Walk	J 2 min / W 2 min twice. J 5 min / W 1 min twice.	Rest or XT 20 min	J 2 min / W 2 min twice. J 5 min / W 1 min twice.	Rest	XT or W 30 min	J 3 min / W 1 min twice. J 6 min / W 1 min twice.
10/29 – 11/4	Rest or Walk	J 3 min / W 1 min twice. J 6 min / W 1 min twice.	Rest or XT 20 min	J 3 min / W 1 min twice. J 6 min / W 1 min twice.	Rest	XT or W 30 min	J 4 min / W 1 min twice. J 7 min / W 1 min twice.
11/5 – 11/11	Rest or Walk	J 4 min / W 1 min twice. J 7 min / W 1 min twice.	Rest or XT 20 min	J 4 min / W 1 min twice. J 7 min / W 1 min twice.	Rest	XT or W 40 min	J 4 min / W 1 min twice. J 10 min / W 5 min.
11/12 – 11/18	Rest or Walk	J 10 min / W 1 min twice.	Rest or XT 20 min	J 12 min / W 1 min twice.	Rest	XT or W 40 min	J 20 min (W break as needed)
11/19 – 11/25	Rest or Walk	J 20 min (W break as needed)	Rest or XT 20 min	J 20 min (try not to W break)	Rest	XT or W 30 min	J 25 – 30 min
11/26 – 12/2	Rest or Walk	J 30 – 35 min	W 30 min	W 30 min	Rest	GRIZZLIES HOUSE 5K! 	Rest!



Beginning Running: the 5K Plan! Notes, Tips, Clarifications, and Things to Keep In Mind



Every workout in this program should begin with a **5-minute warm-up** in which you walk at a brisk, but not breathless, pace. Similarly, every workout ends with a **5-minute** (or more if you need it!) **cool-down** at a brisk, then easier, pace. **Do NOT skip the warm-up or the cool-down.** They figure into your total workout time, which is about 30 minutes, give or take. One more time: do NOT skip the warm-up and cool-down! You'll be sorry!

This program is best suited for someone who already walks – at least 3 times per week and for at least 20 to 30 minutes at a time. The program progresses from intervals of short jogs and longer walk breaks (such as “J 90 sec / W 2 min, total 20 min,” which means to **Jog** for 90 seconds and then **Walk** for 2 minutes, alternating for a total of 20 minutes) to longer jogs with shorter walk breaks, such as the workout in which you **Jog** for 4 minutes and **Walk** for 1 minute, repeat, and then **Jog** for 7 minutes and **Walk** for 1 minute and repeat. Eventually, you're jogging without taking breaks. You're working your way up, allowing your body and mind to become accustomed to jogging.

“Cross training” (“XT” on the calendar) is any physical activity other than jogging. Walking counts, but so does biking, swimming, roller skating, hiking, an aerobics class or DVD, or even a yoga class or DVD if you're feeling a little stiff or sore from the previous workouts. If you have a goal of losing weight in addition to completing the 5K, then at least one of your cross-training days should be spent in an aerobic activity; that is, one that elevates your heart rate and makes you work, but not jogging. Your body needs a day off from that! If strength training (lifting weights) is part of your fitness routine, then try to lift on days that are labeled for cross-training or that have easier jogs scheduled.

The program starts slowly for a reason. If you feel like “it's not hard enough,” don't rush ahead or add more workouts. Be patient and follow the plan to keep yourself from getting injured and to build your muscle, joint, bone, and brain strength. If you find yourself getting worn out, then you can repeat a week's workouts rather than progressing. Pace yourself, listen to your body, and trust yourself! You'll still be prepared for the 5K.

For additional tips and advice on walking, running, stretching, planning, training, scheduling, and racing, please refer to the 5K Training General Information Sheet.

This beginning running program is adapted from Cool Running. The original program and details about it can be found at: http://www.coolrunning.com/engine/2/2_3/181.shtml

