

## **5K Training Walk to Run Program**

We're here to help you start on the road to a better you and work towards a 5K run goal. This should be an enjoyable process that slowly increases over time, allowing your body to adapt to the changes and gradually build up from a walk to a run. The key is to keep it simple and not start off too fast or take on too much too quickly. Some days you may have to hold yourself back, while at other times, you may have to slow it down and stretch it out. Don't pressure yourself to move ahead faster than your body is willing to allow, and if necessary, repeat a week if you don't feel ready to move ahead.

### **Start Your 5K Training | A Few Minutes Each Week**

Each session should take about 20 or 30 minutes, 3x times per week. The important thing is to stay consistent and follow the plan to the best of your abilities. Be sure to space the 3 run days out – never running two days in a row. You need to give your body time to rest and recover between runs, before moving forward. In the early stages, the key is to gradually allow your bones and muscles to get stronger and to absorb your training as the time increases.

Keep track of your runs, and then reward yourself for your accomplishment!

### **Are you Ready?**

Your plan begins on page 2... good luck, and have FUN!...

## 5K Walk to Run Training Schedule - June 6 - Aug 3/13

Week	Workout 1	Workout 2	Workout 3
1 : June 6-12	Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.	Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.	Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.
2 : June 13-19	Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.	Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.	Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.
3 : June 20 - June 26	Warmup - 5 minutes FAST paced walk, then do 2x: Jog 90 seconds Walk 90 seconds Jog 3 minutes Walk three minutes	Warmup - 5 minutes FAST paced walk, then do 2x: Jog 90 seconds Walk 90 seconds Jog 3 minutes Walk three minutes	Warmup - 5 minutes FAST paced walk, then do 2x: Jog 90 seconds Walk 90 seconds Jog 3 minutes Walk three minutes
4 : June 27 - July 3	Brisk five-minute warmup walk, then: Jog 3 minutes Walk 90 seconds... Jog 5 minutes... Walk 2.5 minutes... Jog 3 Minutes... Walk 90 seconds... Jog 5 minutes...	Brisk five-minute warmup walk, then: Jog 3 Minutes... Walk 90 seconds... Jog 5 minutes... Walk 2.5 minutes... Jog 3 Minutes... Walk 90 seconds... Jog 5 minutes...	Brisk five-minute warmup walk, then: Jog 3 Minutes... Walk 90 seconds... Jog 5 minutes... Walk 2.5 minutes... Jog 3 Minutes... Walk 90 seconds... Jog 5 minutes...
5 : July 4 - 10	Brisk five-minute warmup walk, then: Jog 5 minutes... Walk 3 minutes Jog 5 minutes... Walk 3 minutes Jog 5 minutes...	Brisk five-minute warmup walk, then: Jog 8 minutes Walk 5 minutes Jog 8 minutes	Brisk five-minute warmup walk, then jog 20 minutes with no walking.
6 : July 11 - 17	Brisk five-minute warmup walk, then: Jog 5 minutes... Walk 3 minutes Jog 8 minutes Walk 3 minutes Jog 5 minutes...	Brisk five-minute warmup walk, then: Jog 10 minutes Walk 3 minutes Jog 10 minutes	Brisk five-minute warmup walk, then jog 22 minutes with no walking.
7 : July 18 - 24	Brisk five-minute warmup walk, then jog 25 minutes	Brisk five-minute warmup walk, then jog 25 minutes	Brisk five-minute warmup walk, then jog 25 minutes
8 : July 25 - 31	Brisk five-minute warmup walk, then jog 28 minutes	Brisk five-minute warmup walk, then jog 28 minutes	Brisk five-minute warmup walk, then jog 28 minutes
9 : Aug 1	<b>Aug 1</b> : Brisk five-minute warmup walk, then jog 30 minutes	<b>Aug 3</b> : The final workout! Brisk five-minute warmup walk, then jog 30 minutes <b>(5K)</b>	<b>CONGRATULATIONS - CELEBRATE YOUR FITNESS!!!!</b>