



Beginner/Walking Schedule for the 5-K

Week	Sun	Mon	Tue	Wed	Thur	Fri	Sat
1	Rest	15 min walk	Rest or walk	15 min walk	Rest	1.5 mi walk	30-60 min walk
2	Rest	15 min walk	Rest or walk	15 min walk	Rest	1.75 mi walk	35-60 min walk
3	Rest	20 min walk	Rest or walk	20 min walk	Rest	2 mi walk	40-60 min walk
4	Rest	20 min walk	Rest or walk	20 min walk	Rest	2.25 mi walk	45-60 min walk
5	Rest	25 min walk	Rest or walk	25 min walk	Rest	2.5 mi walk	50-60 min walk
6	Rest	25 min walk	Rest or walk	25 min walk	Rest	2.75 mi walk	55-60 min walk
7	Rest	30 min walk	Rest or walk	30 min walk	Rest	3 mi walk	60 min walk
8	Rest	30 min walk	Rest or walk	30 min walk	Rest	Rest	5-K Walk/Race

Stretch & Strengthen: An important addendum to any training program is stretching. Don't overlook it--particularly on days when you plan to run fast. Strength training is important too: push-ups, pull-ups, use of free weights, bands or working out with various machines at a Health Club. Runners/Walkers generally benefit if they combine light weights with a high number of repetitions, rather than lifting very heavy weights. Tuesdays and Thursdays would be good days for Strength Training, however, you can schedule these workouts on any day that is convenient for your business and personal schedule.



Novice Training Schedule for the 5-K

Below is an eight-week training schedule to help get you to the finish line. It assumes that you have no major health problems, are in reasonably good shape, and have done at least some jogging or walking.

Week	Sun	Mon	Tue	Wed	Thur	Fri	Sat
1	Rest	1.5 mile run	Rest or walk	1.5 mile run	Rest	1.5 mile run	30-60 min walk
2	Rest	1.75 mile run	Rest or walk	1.5 mile run	Rest	1.75 mile run	35-60 min walk
3	Rest	2 mile run	Rest or walk	1.5 mile run	Rest	2 mile run	40-60 min walk
4	Rest	2.25 mile run	Rest or walk	2 mile run	Rest	2.25 mile run	45-60 min walk
5	Rest	2.5 mile run	Rest or walk	2 mile run	Rest	2.5 mile run	50-60 min walk
6	Rest	2.75 mile run	Rest or walk	2 mile run	Rest	2.75 mile run	55-60 min walk
7	Rest	3 mile run	Rest or walk	2 mile run	Rest	3 mile run	60 min walk
8	Rest	3 mile run	Rest or walk	2 mile run	Rest	Rest	5-K Run/Race

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Intermediate Training Schedule for the 5K

In order to achieve full benefit from this program, you probably need to have been running 3-4 days a week for the last year or two and averaging 15-20 miles weekly, it helps if you have an understanding of the concepts of speedwork.

Week	Sun	Mon	Tue	Wed	Thur	Fri	Sat
1	Rest	3 mile run	5 x 400*	3 mile run	Rest	3 mile run	5 mile run
2	Rest	3 mile run	30 min tempo**	3 mile run	Rest	3 mile run	5 mile run
3	Rest	3 mile run	6 x 400*	3 mile run	Rest	4 mile run	6 mile run
4	Rest	3 mile run	35 min tempo**	3 mile run	Rest	Rest	5K Test
5	Rest	3 mile run	7 x 400*	3 mile run	Rest	4 mile run	6 mile run
6	Rest	3 mile run	40 min tempo**	3 mile run	Rest	5 mile run	7 mile run
7	Rest	3 mile run	8 x 400*	3 mile run	Rest	5 mile run	7 mile run
8	Rest	2 mile run	30 min tempo**	2 mile run	Rest	Rest	5-K Run/Race

*** Interval Training:** To improve speed, you sometimes need to train at a pace faster than your race pace for the 5-K. Run 400 meters hard, and then recover by jogging and/or walking 400 meters. Before starting this workout, warm-up by jogging and stretching, and doing a few sprints of 100 meters. Cool down afterwards with a short jog.

**** Tempo Runs:** This is a continuous run with an easy beginning; a buildup in the middle, then eases back and cruises to the finish. A typical tempo run would begin with 5-10 minutes easy running, continue with 10-15 minutes faster running, and finish with 5-10 minutes cooling down. You can't always figure out your pace when doing this workout; you need to listen to your body. Tempo runs are very useful for developing anaerobic threshold, essential for fast 5-K racing.