

RUN YOUR FIRST 5K

A 6-WEEK TRAINING PLAN TO HELP YOU TO THE FINISH LINE

If you can run comfortably for 10 to 15 minutes, this plan will help you run 3.1 miles at a 10-minute mile pace. To keep you injury free, we've added strength training and stretching to your weekly schedule.

DIRECTIONS

For each running workout, **warm up and cool down with five minutes of walking.**

roll = self-massage sore muscles with a foam roller
core work = ab and back exercises
strength = injury-prevention workout

WEEK 1

M run 1 minute/walk 1 minute **7x**
T 30 minutes walking + 5 minutes core work
W REST
TH run 3 minutes/walk 2 minutes **6x**
F REST + roll
SA run 2 minutes/walk 1 minute **7x**
SU 20 minutes walking + 20 minutes yoga

run 5 minutes/walk 5 minutes **3x** M
20 minutes walking + 20 minutes strength training T
REST W
run 5 minutes/walk 5 minutes **4x** TH
REST + roll + 5 minutes core work F
run 3 minutes/walk 2 minutes **6x** SA
20 minutes walking + 20 minutes yoga SU

WEEK 2

WEEK 3

M run 7 minutes/walk 3 minutes **3x**
T 20 minutes walking + 5 minutes core work + 5 minutes stretching
W REST
TH run 5 minutes/walk 3 minutes
F REST + 5 minutes core work
SA run 8 minutes/walk 3 minutes **3x**
SU 20 minutes walking + 20 minutes yoga

run 5 minutes/walk 3 minutes **5x** M
walk 10 minutes/run 5 minutes **2x** + 5 minutes core work T
REST + stretch W
run 9 minutes/walk 2 minutes **3x** TH
20 minutes strength training F
run 6 minutes/walk 2 minutes **5x** SA
REST + stretch SU

WEEK 4

WEEK 5

M run 10 minutes/walk 2 minutes **3x**
T walk 10 minutes/run 5 minutes **2x** + 5 minutes core work
W REST + stretch
TH run 6 minutes/walk 2 minutes **5x**
F 20 minutes strength training
SA run 15 minutes/walk 2 minutes **2x**
SU REST + roll

run 15 minutes/walk 1 minute **2x** M
REST + stretch T
run 20 minutes + walk 2 minutes + run 10 minutes W
REST + 5 minutes core TH
run 10 minutes/walk 1 minute **4x** F
REST + roll SA
RACE DAY! SU

WEEK 6