Beginner 5k Program

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
7/29	15 min	Rest or Cross T	25 min	20 min	Rest or Cross T	30 min	Rest or Cross T
8/5	1.5 miles	Rest or Cross T	2 miles	1.5 miles	Rest or Cross T	2.5 miles	Rest or Cross T
8/12	1.5 miles	Rest or Cross T	2 miles	1.5 miles	Rest or Cross T	2.5 miles	Rest or Cross T
8/19	2 miles	Rest or Cross T	2.5 miles	2 miles	Rest or Cross T	3 miles	Rest or Cross T
8/26	2 miles	Rest or Cross T	2.5 miles	2 miles	Rest or Cross T	3 miles	Rest or Cross T
9/2	1.5 miles	Rest or Cross T	2 miles	1.5 miles	Rest or Cross T	2.5 miles	Rest or Cross T
9/9	2 miles	Rest or Cross T	2.5 miles	2 miles	Rest or Cross T	3 miles	Rest or Cross T
9/16	2 miles	Rest or Cross T	3 miles	2 miles	Rest or Cross T	3.5 miles	Rest or Cross T
9/23	2 miles	Rest or Cross T	2.5 miles	2 miles	Rest or Cross T	2.5 miles	Rest or Cross T
9/30	2 miles	Rest or Cross T	1.5 miles	10-15 min easy	Rest	**Crawlin' Crab 5k**	Rest! Congrats on your run!

Notes

1. The ten week training program begins on Monday, July 29th.
2. The program lists only times initially. Don't worry about distance early on. Don't feel you need to run the entire time. Just stay on your feet for the time specified and use whatever combination of running and walking you are most comfortable with. For example, start your session with a 5-10 minutes walk then progress to X minutes of running and Y minutes of walking (e.g. run 2 minutes, walk 2 minutes). Experiment with different ratios but never run to the point of exhaustion. The key is to take your walk breaks early when you are still feeling strong. You'll be amazed at how far you'll be able to go with consistent walk breaks. As times change to distance, your training strategy remains the same. Continue experimenting with different run/walk ratios to find the one you are most comfortable with and which will enable you to complete the listed distance.
3. If you do not have a measured course where you most often run or walk, use time instead—based on your pace. In other words, if you are scheduled to complete 2 miles and you normally run or walk a 12 min mile, stay out for 24 minutes. If you don't know your pace, use 10 min/mile as your standard for runners and 15 min/mile for walkers.
4. Cross training is recommended to maintain your cardiovascular fitness while giving your legs a break from running or walking. Biking and swimming are good forms of cross training. The schedule lists Friday or Sunday as your cross training day but you can easily cross train on other days as well.
5. Finally, don't be a slave to the schedule! Change days of the week that you run to what works best for you. Just try to maintain the same general sequence of events. If you miss a day or two—don't panic. There is a great deal of flexibility in the schedule.
6. Good luck and have fun! ☺