

## ***5K Run -- 11-Week Training Schedule***

<b>WEEK</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>1</b>	30 minutes Moderate walking pace (17-20 min per mile)	Rest	30 minutes Moderate walking pace (17-20 min per mile)	Rest	Rest	30 minutes Moderate walking pace (17-20 min per mile)	Rest
<b>2</b>	30 minutes Moderate walking pace (17-20 min per mile)	Rest	30 minutes Moderate walking pace (17-20 min per mile)	Rest	30 minutes Moderate walking pace (17-20 min per mile)	30 minutes Moderate walking pace (17-20 min per mile)	Rest
<b>3</b>	30 minutes Fast walking pace (13-16 min per mile)	Rest	30 minutes Fast walking pace (13-16 min per mile)	Rest	Rest	30 minutes Fast walking pace (13-16 min per mile)	Rest
<b>4</b>	45 minutes Fast walking pace (13-16 min per mile)	Rest	45 minutes Fast walking pace (13-16 min per mile)	Rest	45 minutes Fast walking pace (13-16 min per mile)	45 minutes Fast walking pace (13-16 min per mile)	Rest
<b>5</b>	30 minutes Jog 5 min, walk fast 5 min, repeat	Rest	30 minutes Jog 5 min, walk fast 5 min, repeat	Rest	Rest	30 minutes Jog 5 min, walk fast 5 min, repeat	Rest
<b>6</b>	30 minutes Jog 10 min, walk fast 5 min, repeat	Rest	30 minutes Jog 10 min, walk fast 5 min, repeat	Rest	Rest	30 minutes Jog 10 min, walk fast 5 min, repeat	Rest
<b>7</b>	40 minutes Jog 15 min, walk fast 5 min, repeat	Rest	40 minutes Jog 15 min, walk fast 5 min, repeat	Rest	40 minutes Jog 15 min, walk fast 5 min, repeat	40 minutes Jog 15 min, walk fast 5 min, repeat	Rest!

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<b>8</b>	40 minutes Jog 20 min, walk fast 5 min, jog 15 min	Rest	40 minutes Jog 20 min, walk fast 5 min, jog 15 min	Rest	40 minutes Jog 20 min, walk fast 5 min, jog 15 min	40 minutes Jog 20 min, walk fast 5 min, jog 15 min	Rest
<b>9</b>	30 minutes Jog 25 min, walk fast 5 min	Rest	30 minutes Jog 25 min, walk fast 5 min	Rest	30 minutes Jog 25 min, walk fast 5 min	30 minutes Jog 25 min, walk fast 5 min	Rest
<b>10</b>	30 minutes Jog 30 min	Rest	30 minutes Jog 30 min	Rest	30 minutes Jog 30 min	30 minutes Jog 30 min	Rest
<b>11</b>	30 minutes Jog 30 min	Rest	30 minutes Jog 30 min	Rest	20 minutes Walk fast 20 min	<b>RACE DAY</b>	Rest

It is *very* important to stretch BOTH before and after your workout. Take at least 5 minutes to warm up your muscles with a moderately-paced walk, then stretch, *then* begin your workout. Try stretching with movement - for example: high knees, soldier walk, bum-kickers, walking on only your toes and walking on only your heels. When you finish the workout, take another 5 minutes to cool down by walking and stretching again. This is the time to stretch while being still - calf stretches, toe touches, hamstring stretch, etc. Hold each stretch for 10-15 seconds. You're muscles will be much happier!!

**Remember:** This is only a guide! If you want/need to do more or less at any time - do so! And you can move your days around to fit *your* schedule - just try to keep balance in your week between resting and exercising (for example, avoid 3 days of running in a row, followed by 3 days of rest).

**Consider** cross-training 1 day a week instead of your running workout. This could be swimming, biking, rowing, water-walking, etc. Something lower-impact will give your joints a break from the pounding of running, and it'll use different muscles too, making you a well-rounded athlete!