

5K TRAINING BEGINNING RUNNING PLAN



This schedule is designed to give the beginning runner the necessary training to complete a 5K race at a comfortable pace. The key is to exercise for 30 minutes four times per week. The Saturday run should include a 5 minute walking warm up and warm down. Start out at a pace that you can hold for the entire run. The running gets harder as the training progresses. Therefore, try to stick to the schedule and don't over do it !

RUN FOR LIFE

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	Walk 30 min	Run/walk 30 min	Off	Run/walk 30 min	Off Off	1.5 mile Run	Off
2	Walk 30 min	Run/walk 30 min	Off	Run/walk 30 min	Off Off	1.5 mile Run	Off
3	Run/Walk 30 Min	Run/Walk 30 Min	Off	Run/Walk 30 Min	Off Off	2 mile Run	Off
4	Run/Walk 30 Min	Run/Walk 30 Min	Off	Run/Walk 30 Min	Off Off	2.5 mile Run	Off
5	Run/Walk 30 Min	Run/Walk 30 Min	Off	Run/Walk 30 Min	Off Off	3 mile Run	Off
6	Run/Walk 30 Min	Run/Walk 30 Min	Off	Run/Walk 30 Min	Off Off	3 mile Run	Off
7	Run/Walk 30 Min	Run/Walk 30 Min	Off	Run/Walk 30 Min	Off	3 mile Run	Off
8	Run/Walk 30 Min	Run/Walk 30 Min	Off Off	Run/Walk 20 Min	Off	Race 5K	Off

More Training schedules are available on our website at
www.1stplacesports.com.