

5km - BASIC PROGRAM – 2019

This training plan requires no more than four days of running or walking per week. Try to stay on track and avoid big increases in your weekly mileage so you don't get injured or discouraged. Your first few weeks will include run/walk workouts to safely and comfortably build your endurance. By Week 4, you can make the switch from run/walk to run. If you feel like you're not ready, continue to take walking breaks. It's completely fine to use a run/walk strategy throughout your entire training and even on race day. Your goal should be to finish the race—regardless of what it takes to get there.

TRAINING KEY

Easy Runs (EASY RUN): Perform these runs at a comfortable, conversational pace. If you find yourself huffing and puffing, slow down.

Run/Walk (WALK/RUN): Alternate between running and walking. Perform your walk intervals at a brisk pace, so it's not too difficult to transition back to running. Try alternating between one minute of walking and one minute of running. If this feels too easy, increase the amount of time you run. If it's too difficult, walk for longer. Once you find a ratio that works best for you, gradually increase your running intervals and decrease your walking intervals each week.

Walks (W): You'll walk some of your miles so you can safely build your fitness, but keep a brisk pace.

Tempo Runs (TR): Tempo runs build your confidence and improve your speed. They should be performed at a "comfortably hard" pace—faster than your easy runs, but not so tough so that you're breathing heavily. Start your tempo runs with a 5-10 min warm-up of easy running and finish with a relaxed cool-down.

Cross Training (CROSS TRAINING): Incorporate one or two days of non-impact cross-training, such as cycling, elliptical, swimming and yoga into your routine to build your fitness and prevent injuries.

Strength Training (ST): Perform 20 minutes of lower body and core strengthening exercises (pushups, squats, lunges, deadlifts, planks, etc.).

Week 1

Monday, June 10: Rest Day

Tuesday, June 11: WALK/RUN 30 Minutes

Wednesday, June 12: Rest or CROSS TRAINING 30 Minutes

Thursday, June 13: WALK/RUN 30 Minutes

Friday, June 14: Rest

Saturday, June 15: WALK/RUN 40 Minutes

Week 2

Sunday, June 16: Walk 20 Minutes

Monday, June 17: Rest Day

Tuesday, June 18: WALK/RUN 4 KM

Wednesday, June 19: Rest or CROSS TRAINING 30 Minutes

Thursday, June 20: WALK/RUN 3 KM

Friday, June 21: Rest

Saturday, June 22: WALK/RUN 5 KM

Week 3

Recovery Week

Recovery Weeks are an essential component of this training program. These easy weeks will allow your body to recovery Run and accrue the full benefits of the higher Run intensity training you have been completing. Do not be tempted to do a little more than is outlined in the program for Recovery Weeks. Treat the Recovery Week as reward for the hard work you have completed in the previous weeks.

Sunday, June 23: Walk 3 KM

Monday, June 24: Rest Day

Tuesday, June 25: WALK/RUN 5 KM + ST

Wednesday, June 26: Rest or CROSS TRAINING 30 Minutes

Thursday, June 27: WALK/RUN 3 KM

Friday, June 28: Rest Day

Saturday, June 29: WALK/RUN 5 KM

Week 4

Sunday, June 30: Walk/Run 3 KM

Monday, July 1: Rest Day

Tuesday, July 2: EASY RUN 5 KM + Strength

Wednesday, July 3: Rest or CROSS TRAINING 30 Minutes

Thursday, July 4: Tempo run 3 KM

Friday, July 5: Rest Day

Saturday, July 6: EASY RUN 6 KM

Week 5

Sunday, July 7: Walk 3 KM

Monday, July 8: Rest Day

Tuesday, July 9: EASY RUN 5 KM + ST

Wednesday, July 10: Rest or CROSS TRAINING 40 Minutes

Thursday, July 11: Tempo run 4 KM

Friday, July 12: Rest Day

Saturday, July 13: EASY RUN 7 KM

Week 6

Recovery Week

Sunday, July 14: Walk 3 KM

Monday, July 15: Rest Day

Tuesday, July 16: EASY RUN 4 KM + ST

Wednesday, July 17: Rest or CROSS TRAINING 30 Minutes

Thursday, July 18: EASY RUN 5 KM

Friday, July 19: Rest Day

Saturday, July 20: EASY RUN 5 KM

Week 7

Sunday, July 21: WALK/RUN 5 KM

Monday, July 22: Rest Day

Tuesday, July 23: EASY RUN 5 KM + ST

Wednesday, July 24: Rest or CROSS TRAINING 40 min

Thursday, July 25: Tempo RUN 5 KM

Friday, July 26: Rest

Saturday, July 27: EASY RUN 7 KM long run

Week 8

Sunday, July 28: WALK/RUN 5 KM
Monday, July 29: Rest Day
Tuesday, July 30: EASY RUN 6 KM + ST
Wednesday, July 31: Rest or CROSS TRAINING 40 min
Thursday, August 1: Tempo RUN 6 KM
Friday, August 2: Rest
Saturday, August 3: EASY RUN 8 KM long run

Week 9

Sunday, August 4: WALK/RUN 5 KM
Monday, August 5: Rest Day
Tuesday, August 6: EASY RUN 5 KM + ST
Wednesday, August 7: rest or easy CROSS TRAINING 30 min
Thursday, August 8: Tempo RUN 5 KM
Friday, August 9: Rest Day
Saturday, August 10: EASY RUN 6 KM long run

Week 10

Take the week before the race really easy on training.

Sunday, August 11: WALK/RUN 5 KM
Monday, August 12 Rest Day
Tuesday, August 13: EASY RUN 5 KM + ST
Wednesday, August 14: rest
Thursday, August 15: EASY RUN 3 KM
Friday, August 16: Rest Day
Saturday, August 17: Rest for the race

Week 11

Sunday, August 18: **RACE DAY**