


"Beginner" 5K Training Plan 3 days/week for 16 weeks

Prepare for your training by building on your base level of fitness: First, buy great-fitting running shoes. Then, start walking, jogging, or running 20-30 minutes at least 3 days per week. Next, find ways you can cross-train (see Legend below for examples). The best way to 'stick with it' is to find a partner, running club or a team of 10 to train with! Warm up before your run with dynamic exercises and be sure to stretch afterwards. Happy Training - and have a great 5K race!

Week	Week Starting	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Total Weekly Miles
1	11/22/15		1 mile Run/Walk	20 min Strength/Core	Rest	1 mile Run/Walk Happy Thanksgiving!	Rest	1 miles LSD	3
2	11/29/15	Rest	1 mile Run/Walk	20 min Strength/Core	Rest	2 miles	Rest	1 miles LSD	4
3	12/6/15	Rest	2 miles Run/Walk	20 min Strength/Core	1 mile Run/Walk	XT-20 min or Rest	Rest	2 miles LSD	5
4	12/13/15	Rest	2 miles Run/Walk	20 min Strength/Core	1 mile Run/Walk	XT-20 min or Rest	Rest	2 miles LSD	5
5	12/20/15	Rest	2 miles Run/Walk	30 min Strength/Core	2 miles Run/Walk	XT-25 min or Rest	Rest	2 miles LSD	6
6	12/27/15	Rest	2 miles NegSplit	30 min Strength/Core	2 miles Run/Walk	XT-30 min or Rest	Rest/Massage Happy New Year!	3 miles LSD	7
7	1/3/16	Rest	2 miles NegSplit	30 min Strength/Core	2 miles Run/Walk	XT-30 min or Rest	Rest	4 miles LSD	8
8	1/10/16	Rest	2 miles NegSplit	30 min Strength/Core	2 miles Run/Walk	XT-35 min or Rest	Rest	Back-down: 3 miles LSD	7
9	1/17/16	Rest	2 miles NegSplit	30 min Strength/Core	2 miles Run/Walk	XT-35 min or Rest	Rest	4 miles LSD	9
10	1/24/16	Rest	2 miles NegSplit	30 min Strength/Core	2 miles Run/Walk	XT-40 min or Rest	Rest	5 miles LSD	9
11	1/31/16	Rest	2 miles NegSplit	30 min Strength/Core	3 miles Run/Walk	XT-40 min or Rest	Rest	Back-down: 2 miles LSD	7
12	2/7/16	Rest	2 miles NegSplit	30 min Strength/Core	3 miles Run/Walk	XT-45 min or Rest	Rest	4 miles LSD	9
13	2/14/16	Rest	2 miles NegSplit	30 min Strength/Core	1 mile Run/Walk	XT-45 min or Rest	Rest	5 miles LSD	8
14	2/21/16	Rest	2 miles NegSplit	30 min Strength/Core	2 miles Run/Walk	XT-45 min or Rest	Rest	4 miles LSD	8
15	2/28/16	Rest	2 miles	30 min Strength/Core	2 miles Run/Walk	XT-45 min or Rest	Rest	3 miles LSD	7
16	3/6/16	Rest	2 miles Easy	Rest	2 miles Run/Walk	Rest	Pick-up your race packet at our Expo on the Broadway Pier		4
	 3/13/16		Mammoth 5K!						3.1

Legend

Run/Walk Whether you run or walk, emphasize the importance of accomplishing the distance - pace is not as important on these days.

XT Cross training can be biking, elliptical, rowing, swimming, stairclimber, yoga/pilates class, plyometrics... anything EXCEPT running!

Strength Variable resistance machines, free weights, dumbbells, Bosu balls, etc.

Core Exercise designed to working the abdominal and low back muscles (sit ups, planks etc). Yoga/pilates classes are excellent for engaging core muscle work.

Tempo Run 30-45 seconds faster per mile than your race pace goal (ie, if your goal is 9 min/mi, run an 8:30 min/mi or 8:15 min/mi as your tempo pace).

Neg Split Run the second half of the mileage faster than the first half. Negative splits improve strength, endurance and speed for your final kick.

Massage Full head-to-toe massage.

LSD Long Slow Distance: the goal of LSD runs are to log time on your feet. Go slow and take walk breaks, if needed.

Back-down Mileage decrease from the previous week will allow time for recovery.

Hills Choose a route that has some hills to increase your stamina!