

Beginner 5K 10-Week Training Program

This training program starts with a walk/run for a total of 20 minutes. During the following 10 weeks, you will decrease your walking time and increase your running time. You will begin each training session with a 5-minute warm-up walk. You should end each session with some stretching exercises. By the end of this 10-week training program, you should be able to run for 30 minutes (approximately 3 miles at a 10 minute per mile pace).

What You Will Need

Proper Running Shoes
Dress Appropriately for the Weather
Stay Hydrated – Bring Water

What Are the Benefits

Great Cardiovascular Exercise
Having Fun
Spending Time in the Great Outdoors
Meeting scores of like-minded people who share your interest in health and fitness.
Participate in a local 5K race and get a great race T-Shirt to show off to your family and friends.

Ten Week 5K Training Schedule

Week 1:

Brisk 5-minute warm-up walk. Then alternate 60 seconds of running and 90 seconds of walking for a total of 20 minutes.

Repeat this walk/run combo workout 2 additional times this week. This can be completed indoors on treadmill or outdoors.

Week 2:

Brisk 5-minute warm-up walk. Then alternate 90 seconds of running and 2 minutes of walking for a total of 20 minutes.

Repeat this workout 2 additional times this week.

Week 3:

Brisk 5-minute warm-up walk, then do 2 repetitions of the following:

- Run 90 seconds (200 yards)
- Walk 90 seconds
- Run 3 minutes (400 yards)
- Walk 3 minutes (400 yards)

Repeat this workout 2 additional times this week.

Week 4:

Brisk 5-minute warm-up walk, then:

- Run 3 minutes (1/4 mile)
- Walk 90 seconds (1/8 mile)
- Run 5 minutes (1/2 mile)
- Walk 2 ½ minutes (1/4 mile)
- Run 3 minutes (1/4 mile)
- Walk 90 seconds (1/8 mile)
- Run 5 minutes (1/2 mile)

Repeat this workout 2 additional times this week.

Week 5: Time to “Kick It Up” – You are Ready!!!

First Workout:

Brisk 5-minute warm-up walk, then:

- Run 5 minutes (1/2 mile)
- Walk 3 minutes (1/4 mile)
- Run 5 minutes (1/2 mile)
- Walk 3 minutes (1/4 mile)
- Run 5 minutes (1/2 mile)

Second Workout:

Brisk 5-minute warm-up walk, then:

- Run 8 minutes (3/4 mile)
- Walk 5 minutes (1/2 mile)
- Run 8 minutes (3/4 mile)

Third Workout:

Brisk 5-minute warm up walk, then run 20 minutes (2 miles) without walking. You can do it!!

Week 6:

First Workout:

Brisk 5-minute warm-up walk, then:

- Run 5 minutes (1/2 mile)
- Walk 3 minutes (1/4 mile)
- Run 8 minutes (3/4 mile)
- Walk 3 minutes (1/4 mile)
- Run 5 minutes (1/2 mile)

Second Workout:

Brisk 5-minute warm-up walk, then:

- Run 10 minutes (1 mile)
- Walk 3 minutes (1/4 mile)
- Run 10 minutes (1 mile)

Third Workout:

Brisk 5-minute warm-up walk, then run 25 minutes (2.5 miles) without walking.

Week 7:

Brisk 5-minute warm-up walk, then run for 25 minutes (2.5 miles) without walking.

Repeat this workout 2 additional times this week.

Week 8:

Brisk 5-minute warm-up walk, then run for 28 minutes (2.75 miles) without walking.

Repeat this workout 2 additional times this week.

Week 9:

Brisk 5-minute warm-up walk, then run 30 minutes (3 miles).

Repeat this work out 2 additional times before this week.

The final workout! Congratulations you have just run 3 miles, 3 times this week!

Week 10:

This is the week before the race, take it easy. If you want to run, do only 1 mile so you won't be tired out for the big race day.

Week 11:

RACE DAY