

3-WEEK 5K TRAINING PLAN



Week One	<u>Workout #1</u> Walk 4 Minutes Run 1 Minute Repeat 6 Times	<u>Workout #2</u> Walk 3 Minutes Run 1 Minute Repeat 7 Times	<u>Workout #3</u> Walk 4 Minutes Run 2 Minutes Repeat 5 Times	<u>Workout #4</u> Walk 4 Minutes Run 2 Minutes Repeat 5 Times
Week Two	<u>Workout #5</u> Walk 4 Minutes Run 3 Minutes Repeat 4 Times	<u>Workout #6</u> Walk 4 Minutes Run 4 Minutes Repeat 4 Times	<u>Workout #7</u> Walk 4 Minutes Run 5 Minutes Repeat 3 Times	<u>Workout #8</u> Walk 4 Minutes Run 6 Minutes Repeat 3 Times
Week Three	<u>Workout #9</u> Walk 3 Minutes Run 7 Minutes Repeat 3 Times	<u>Workout #10</u> Walk 2 Minutes Run 8 Minutes Repeat 3 Times	<u>Workout #11</u> Walk 1 Minutes Run 9 Minutes Repeat 3 Times	RACE DAY! Run 30 minutes

- This workout plan consists of 4 running workouts per week.
- Each workout lasts 30 minutes and consists of alternating periods of progressive running and walking.
- The end goal is to gradually increase your running tolerance up to 30 minutes; assuming a 10-minute/mile pace you should be able to complete a 3-mile (5 kilometer) race in that time.
- During this training period, it's important to listen to your body. If you do start to experience pain take some time off and give it adequate time to heal and recover.

Good luck, and happy running!