

Recommended 14-Week 5K Plan for

Beginner and Adv Walkers, Run/Walkers, and Runners

Week	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Week 1 (Feb 11)	1.5 miles	30- 40 min cross or easy run/walk	10 minutes/ 10 minutes	CROSS or Rest	30- 50 min walk or cross	1.5 miles 3 miles	Rest
Week 2 (Feb 18)	1.5 miles	30- 40 min cross or easy run/walk	1.5 miles 2 miles	CROSS or Rest	30-50 min walk or cross	1.5 miles 3 miles	Rest
Week 3 (Feb 25)	2 miles	30- 50 min cross or easy run/walk	1.5 miles 2 miles	CROSS or Rest	40-60 min walk or cross	1.5 miles 3 miles	Rest
Week 4 (Mar 4)	2 miles 3 miles	30- 50 min cross or easy run/walk	1.5 miles 2 miles	CROSS or Rest	40-60 min walk or cross	2 miles 4 miles	Rest
Week 5 (Mar 11)	2.5 miles 3 miles	30- 60 min cross or easy run/walk	1.5 miles 2 miles	CROSS or Rest	50-60 min walk or cross	2 miles 4 miles	Rest
Week 6 (Mar 18)	2.5 miles 3 miles	30- 60 min cross or easy run/walk	1.5 miles 2 miles	CROSS or Rest	50-60 min walk or cross	2 miles 4 miles	Rest
Week 7 (Mar 25)	3 miles 4 miles	30- 60 min cross or easy run/walk	2 miles 3 miles	CROSS or Rest	50-60 min walk or cross	3 miles 5 miles	Rest
Week 8 (Apr 1)	3 miles 4 miles	30- 60 min cross or easy run/walk	2 miles 3 miles	CROSS or Rest	50-60 min walk or cross	3 miles 5 miles	Rest
Week 9 (Apr 8)	3 miles 4 miles	30- 60 min cross or easy run/walk	2 miles 3 miles	CROSS or Rest	50-60 min walk or cross	2 miles 4 miles	Rest
Week 10 (Apr 15)	3 miles 4 miles	30- 60 min cross or easy run/walk	2 miles 3 miles	CROSS or Rest	50-60 min walk or cross	3 miles 5 miles	Rest
Week 11 (Apr 22)	2.5 miles 3 miles	30- 60 min cross or easy run/walk	2 miles 3 miles	CROSS or Rest	50-60 min walk or cross	2 miles 4 miles	Rest
Week 12 (Apr 29)	2.5 miles 3 miles	30- 60 min cross or easy run/walk	2 miles 3 miles	CROSS or Rest	50-60 min walk or cross	3 miles 5 miles	Rest

Week 13 (May 6)	2.5 miles 3 miles	30- 60 min cross or easy run/walk	2 miles 3 miles	CROSS or Rest	50-60 min walk or cross	3 miles 5 miles	Rest
Week 14 (May 13)	2 miles 3 miles	30- 60 min cross or easy run/walk	10 minutes/ 10 minutes	30-min cross or easy run/walk		RACE!!	

*If the workout is **bolded** then it is for the **Advanced** program

Run, Walk, or Walk/Run Days- This schedule was created to be flexible to fit your busy life AND your varying fitness abilities. There are time and distance ranges that you can use based on how you are feeling week to week. By following the schedule you will get at least 3 run or run/walk days a week. Please do a dynamic warm up or walk and cool down walk of 5 minutes each. This will not only benefit your muscles, but also will add distance (and calories burned!) to your workout. It is important to do all of your “Run” day workouts. Running or Run/Walking 3 times a week will prepare your body for the increase in miles the following week. However, should you have concerns about the amount of run/walking or should you experience any physical complications, please speak with your coach or physician. Each week your runs will increase in length to a final 5-mile race distance. This will give you the endurance and mental advantage for your Thanksgiving day festivities.

CROSS- Cross Training Days- A cross training exercise is any non-running activity that improves overall fitness. For example, swimming, cycling, strength training or yoga are all cross training activities. Doing an activity other than running or run/walking is important to keep your fitness regimen fun and your body injury free.

Rest- The all important rest day. Each week you need to take a minimum of 1 full rest day a week (maximum 3). Rest is just as important to a running program as the running itself. Rest allows the body to recover and repair your muscles to allow you to be stronger and be able to run a little farther the next week. Without recovery days, you will not be able to improve your fitness.

Intervals- If you are planning to run/walk the program, terrific!! This is one of the best ways to improve your fitness the fastest. Here are the ratios we will be using for this program. Your CURRENT (not goal) pace per mile will determine the pace you go in our group workouts:

- 9 minute pace per mi.—2 min run/walk 30 seconds
- 9:30-10:45—90 second run/walk 30 seconds
- 10:45-12:15—1 minute run/walk 30 seconds
- 12:15-14:15—30 second run/walk 30 seconds