

Train Your Way to a 5K: 8-Week *Running and Walking* Training Plan for Beginners

General Tips

- ⇒ Always seek your doctor’s guidance before starting a new exercise routine.
- ⇒ Be sure to include 1 or more rest days between each session (for a 3 day per week plan such as this).
- ⇒ Set a goal (such as the Twin Cities Twosome) to give your training more purpose.
- ⇒ As a beginner, don’t increase running distance more than 10% per week.
- ⇒ Try training early in the morning to start your day in a positive, healthy way.
- ⇒ Exercising is more fun as a twosome! Convince a friend, family member, or pet to run/walk with you!
- ⇒ For similar and more advanced plans, see *Daniels’ Running Formula* by Jack Tupper Daniels.

Warm-up and Cool-down

For each workout, you should warm-up and cool-down. You should also do some stretching immediately after the cool-down segment. Every workout is designed to take 30-45 minutes, with the weekend workout being the longest. You *can* fit this into your busy routine!

Workout Guidelines

Once you get to the “workout” segment for each day, you will be completing intervals of running with rest periods of walking. During the running interval, you need to listen to your body and go at your own, steady pace. A good rule of thumb is to make sure that you are still able to talk.

For all of these workouts, you are focusing on completing the time rather than going a particular distance. Therefore, an out-and-back route is a good choice. Figure out the midpoint of your workout and turn around there. If you get bored with the options from your house, try driving to a park, a different neighborhood, or a scenic trail for your weekend workouts. Keep things fun and interesting!

Upon first glance, some of these interval workouts may seem complicated and tricky to remember. If you have trouble remembering the workouts, simply print an extra copy and cut out each day’s square to take along with you.

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| Week | Weekday A | Weekday B | Weekend |
|--|--|--|--|
| Eight (8) weeks prior to race date Total time: 100 minutes Running time: 40 minutes <i>To start early, do this week twice!</i> | Warm-up: 5 min walk Workout: 10 sets of: 1 min run, 1 min walk Cool-down: 5 min walk Total time: 30 min Running time: 10 min | Warm-up: 5 min walk Workout: 10 sets of: 1 min run, 1 min walk Cool-down: 5 min walk Total time: 30 min Running time: 10 min | Warm-up: 5 min walk Workout: 10 sets of: 2 min run, 1 min walk Cool-down: 5 min walk Total time: 40 min Running time: 20 min |
| Seven (7) weeks prior to race date | Warm-up: 5 min walk | Warm-up: 5 min walk | Warm-up: 5 min walk |

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| <p>Total time: 105 minutes Running time: 44 minutes</p> | <p>Workout: 12 sets of: 1 min run, 1 min walk Cool-down: 5 min walk Total time: 34 min Running time: 12 min</p> | <p>Workout: 7 sets of: 2 min run, 1 min walk Cool-down: 5 min walk Total time: 31 min Running time: 14 min</p> | <p>Workout: 6 sets of: 3 min run, 2 min walk Cool-down: 5 min walk Total time: 40 min Running time: 18 min</p> |
| <p>Six (6) weeks prior to race date Total time: 104 minutes Running time: 49 minutes</p> | <p>Warm-up: 5 min walk Workout: 4 sets of: 3 min run, 2 min walk Cool-down: 5 min walk Total time: 30 min Running time: 12 min</p> | <p>Warm-up: 5 min walk Workout: 5 sets of: 3 min run, 1 min walk Cool-down: 5 min walk Total time: 30 min Running time: 15 min</p> | <p>Warm-up: 5 min walk Workout: 2 sets of: (4 min run, 2 min walk, 4 min run, 2 min walk, 3 min run, 2 min walk) Cool-down: 5 min walk Total time: 44 min Running time: 22 min</p> |
| <p>Five (5) weeks prior to race date Total time: 105 minutes Running time: 54 minutes</p> | <p>Warm-up: 5 min walk Workout: 5 sets of: 3 min run, 2 min walk Cool-down: 5 min walk Total time: 35 min Running time: 15 min</p> | <p>Warm-up: 5 min walk Workout: 5 sets of: 3 min run, 1 min walk Cool-down: 5 min walk Total time: 30 min Running time: 15 min</p> | <p>Warm-up: 5 min walk Workout: 2 sets of: (5 min run, 1 min walk, 4 min run, 1 min walk, 3 min run, 1 min walk) Cool-down: 5 min walk Total time: 40 min Running time: 24 min</p> |

| Week | Weekday A | Weekday B | Weekend |
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| Four (4) weeks prior to race date Total time: 107 minutes Running time: 59 minutes | Warm-up: 5 min walk Workout: 4 sets of: 4 min run, 1 min walk Cool-down: 5 min walk Total time: 30 min Running time: 16 min | Warm-up: 5 min walk Workout: 2 sets of: (4 min run, 1 min walk, 3 min run, 1 min walk, 2 min run, 1 min walk) Cool-down: 5 min walk Total time: 34 min Running time: 18 min | Warm-up: 5 min walk Workout: Ladder: 1R, 1W, 2R, 1W, 3R, 1W, 4R, 1W, 5R, 1W, 4R, 1W, 3R, 1W, 2R, 1W (R = running; W = walking) Cool-down: 5 min walk Total time: 43 min Running time: 25 min |
| Three (3) weeks prior to race date Total time: 110 minutes Running time: 65 minutes | Warm-up: 5 min walk Workout: 5 sets of: 4 min run, 1 min walk Cool-down: 5 min walk Total time: 35 min Running time: 20 min | Warm-up: 5 min walk Workout: 5 sets of: 4 min run, 1 min walk Cool-down: 5 min walk Total time: 35 min Running time: 20 min | Warm-up: 5 min walk Workout: 5 sets of: 5 min run, 1 min walk Cool-down: 5 min walk Total time: 40 min Running time: 25 min |
| Two (2) weeks prior to race date Total time: 110 minutes Running time: 70 minutes | Warm-up: 5 min walk Workout: 4 sets of: 5 min run, 1 min walk Cool-down: 5 min walk Total time: 34 min Running time: 20 min | Warm-up: 5 min walk Workout: 4 sets of: 5 min run, 1 min walk Cool-down: 5 min walk Total time: 34 min Running time: 20 min | Warm-up: 5 min walk Workout: 5 sets of: 6 min run, 1 min walk Cool-down: 5 min walk Total time: 45 min Running time: 30 min |
| TWOSOME WEEK! | Warm-up: 5 min walk Workout: 9 min run, 1 min walk, 7 min run, 1 min walk, 5 min run Cool-down: 5 min walk Total time: 33 min Running time: 21 min | Warm-up: 5 min walk Workout: 9 min run, 1 min walk, 7 min run, 1 min walk, 5 min run Cool-down: 5 min walk Total time: 33 min Running time: 21 min | <i>Twin Cities Twosome!</i> Walk begins at 9:01 a.m. Crystal Lake Park in Urbana Total Distance: 3.1 miles Walk as needed! |