

Train Your Way to a 5K: 8-Week Training Plan for to Ease into Running: 30 minutes every-other-day

*This plan is appropriate for those who can comfortably walk for 30 continuous minutes and want to ease into running.

General Tips

- ⇒ Always **seek your doctor's guidance** before starting a new exercise routine.
- ⇒ **Set a goal** (such as the Twin Cities Twosome) to give your training more purpose.
- ⇒ 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 with you!
- ⇒ For similar and more advanced plans, see *Fitness Running, 2nd Edition* by Richard L. Brown, PhD.

Workout Guidelines

For this plan, you will always exercise for 30 minutes, every-other day. You will gradually increase the amount of running you do.

Use the first five of the thirty minutes to warm up, taking it easy at first. Likewise, you should ease out of the workout by spending the final 5 minutes slowing down the pace and your heart rate. You should also do some stretching immediately after the cool-down segment. This plan does not assign any specific paces or intensities. Go at your own pace, but always keep the effort comfortable. You should be able to talk during the workout. If you can't talk, you are pushing too hard!

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| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|-------------------|--------------------------------------|-------------------|--------------------------------------|-------------------|--|-------------------|
| Eight (8) weeks prior to race date Running minutes: 20 <i>To start early, do this week twice!</i> | Walk 25 Run 5 | | Walk 25 Run 5 | | Walk 25 Run 5 | | Walk 25 Run 5 |
| Seven (7) weeks prior to race date Running minutes: 30 | | Walk 10 Run 5 Walk 10 Run 5 | | Walk 10 Run 5 Walk 10 Run 5 | | Walk 10 Run 5 Walk 10 Run 5 | |
| Six (6) weeks prior to race date Running minutes: 40 | Walk 20 Run 10 | | Walk 20 Run 10 | | Walk 20 Run 10 | | Walk 20 Run 10 |
| Five (5) weeks prior to race date Running minutes: 45 | | Walk 10 Run 5 Walk 5 Run 10 | | Walk 10 Run 5 Walk 5 Run 10 | | Walk 10 Run 5 Walk 5 Run 10 | |
| Four (4) weeks prior to race date Running minutes: 60 | Walk 15 Run 15 | | Walk 15 Run 15 | | Walk 15 Run 15 | | Walk 15 Run 15 |
| Three (3) weeks prior to race date Running minutes: 60 | | Walk 5 Run 5 Walk 5 Run 15 | | Walk 5 Run 5 Walk 5 Run 15 | | Walk 5 Run 5 Walk 5 Run 15 | |
| Two (2) weeks prior to race date Running minutes: 80 | Walk 10 Run 20 | | Walk 10 Run 20 | | Walk 10 Run 20 | | Walk 10 Run 20 |
| TWOSOME WEEK! Running minutes: 40 +5K | | Run 5 Walk 5 Run 20 | | Run 5 Walk 5 Run 20 | | <i>Twin Cities Twosome!</i> 5K Run – Walk as needed! | |