

Train Your Way to a 5K: 8-Week Training Plan for Beginner* Runners

*This plan is appropriate for those who have **good cardiovascular endurance when starting** the plan (ability to run for 15-30 minutes).

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, increase distance no 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 with you!
- ⇒ For similar and more advanced plans, see *Fitness Running, 2nd Edition* by Richard L. Brown, PhD.

Workout Guidelines

For this running plan, you can **choose to complete miles OR minutes** of running. Or, you can mix things up between the two. For each workout, you should warm-up and cool-down. You should also do some stretching immediately after the cool-down segment.

While running, you need to listen to your body and go at your own, steady pace. Every workout is designed to take 25-45 minutes, with the “Day E” (weekend) workout being the longest. **You can fit this into your busy routine!** If you want to run 3 or 4 days per week instead of 5, simply drop the earliest days in the plan off your schedule. To train three days, complete workouts C, D, and E.

Make sure to spread them out over the week so you have recovery days. If you like this plan but want **more mileage**, simply follow the types of workouts but add more distance or time.

Paces per mile based on goal 5K time:

Workout Paces and Intensities	22:00 5K	25:00 5K	29:00 5K	34:00 5K	42:00 5K
Recovery: Effort is easy (3 or 4/10)	10:00-13:00	12:00-15:00	13:00-16:00	17:00-20:00	21:00-25:00
Long: Effort is moderate (5/10)) 9:00-11:00	10:00-12:00	11:30-13:30	15:00-17:00	18:00-21:00
Steady State: Effort is somewhat strong (6 or 7/10)	7:40-8:40	8:40-9:40	9:40-10:40	12:00-13:40	15:40-17:00
Tempo: Effort is somewhat strong to strong (8/10)	7:40	8:40	9:40	12:00	15:40

Train Your Way to a 5K: 8-Week Training Plan for Beginner* Runners

Week	Day A	Day B	Day C	Day D	Day E
<p>Eight (8) weeks prior to race date</p> <p>Running minutes: 10 Workout minutes: 150</p> <p><i>To start early, do this week twice!</i></p>	<p><u>Steady State Run</u></p> <p>Warm-up: 5 min walk</p> <p>Workout: 20 min <u>or</u> 2-mile run</p> <p>Cool-down: 5 min walk</p> <p>Total time: 30 min</p>	<p><u>Recovery Run</u></p> <p>Warm-up: 5 min walk</p> <p>Workout: 15 min <u>or</u> 1.5-mile run</p> <p>Cool-down: 5 min walk</p> <p>Total time: 25 min</p>	<p><u>Steady State Run</u></p> <p>Warm-up: 5 min walk</p> <p>Workout: 20 min <u>or</u> 2-mile run</p> <p>Cool-down: 5 min walk</p> <p>Total time: 30 min</p>	<p><u>Recovery Run</u></p> <p>Warm-up: 5 min walk</p> <p>Workout: 15 min <u>or</u> 1.5-mile run</p> <p>Cool-down: 5 min walk</p> <p>Total time: 25 min</p>	<p><u>Long Run</u></p> <p>Warm-up: 5 min walk</p> <p>Workout: 30 min <u>or</u> 3-mile run</p> <p>Cool-down: 5 min walk</p> <p>Total time: 40 min</p>
<p>Seven (7) weeks prior to race date</p> <p>Running minutes: 10 Workout minutes: 150</p>	<p><u>Steady State Run</u></p> <p>Warm-up: 5 min walk</p> <p>Workout: 20 min <u>or</u> 2-mile run</p> <p>Cool-down: 5 min walk</p> <p>Total time: 30 min</p>	<p><u>Recovery Run</u></p> <p>Warm-up: 5 min walk</p> <p>Workout: 15 min <u>or</u> 1.5-mile run</p> <p>Cool-down: 5 min walk</p> <p>Total time: 25 min</p>	<p><u>Steady State Run</u></p> <p>Warm-up: 5 min walk</p> <p>Workout: 20 min <u>or</u> 2-mile run</p> <p>Cool-down: 5 min walk</p> <p>Total time: 30 min</p>	<p><u>Recovery Run</u></p> <p>Warm-up: 5 min walk</p> <p>Workout: 15 min <u>or</u> 1.5-mile run</p> <p>Cool-down: 5 min walk</p> <p>Total time: 25 min</p>	<p><u>Long Run</u></p> <p>Warm-up: 5 min walk</p> <p>Workout: 30 min <u>or</u> 3-mile run</p> <p>Cool-down: 5 min walk</p> <p>Total time: 40 min</p>
<p>Six (6) weeks prior to race date</p> <p>Running minutes: 10.5 Workout minutes: 156</p>	<p><u>Steady State Run</u></p> <p>Warm-up: 5 min walk</p> <p>Workout: 20 min <u>or</u> 2-mile run</p> <p>Cool-down: 5 min walk</p> <p>Total time: 30 min</p>	<p><u>Recovery Run</u></p> <p>Warm-up: 5 min walk</p> <p>Workout: 15 min <u>or</u> 1.5-mile run</p> <p>Cool-down: 5 min walk</p> <p>Total time: 25 min</p>	<p><u>Steady State Run</u></p> <p>Warm-up: 5 min walk</p> <p>Workout: 23 min <u>or</u> 2.25-mile run</p> <p>Cool-down: 5 min walk</p> <p>Total time: 33 min</p>	<p><u>Recovery Run</u></p> <p>Warm-up: 5 min walk</p> <p>Workout: 15 min <u>or</u> 1.5-mile run</p> <p>Cool-down: 5 min walk</p> <p>Total time: 25 min</p>	<p><u>Long Run</u></p> <p>Warm-up: 5 min walk</p> <p>Workout: 33 min <u>or</u> 3.25-mile run</p> <p>Cool-down: 5 min walk</p> <p>Total time: 43 min</p>

Week	Day A	Day B	Day C	Day D	Day E
Five (5) weeks prior to race date Running minutes: 11.25 Workout minutes: 133	<u>Recovery Run</u> Warm-up: 5 min <u>or</u> 0.5 mile jog Workout: 15 min <u>or</u> 1.5-mile run Cool-down: 5 min walk Total time: 25 min	<u>Steady State Run</u> Warm-up: 5 min <u>or</u> 0.5 mile jog Workout: 23 min <u>or</u> 2.25-mile run Cool-down: 5 min walk Total time: 33 min	<u>Recovery Run</u> Warm-up: 5 min <u>or</u> 0.5 mile jog Workout: 15 min <u>or</u> 1.5-mile run Cool-down: 5 min walk Total time: 25 min	<u>Tempo Run</u> Warm-up: 5 min <u>or</u> 0.5 mile jog Workout: 15 min <u>or</u> 1.5-mile run Cool-down: 5 min <u>or</u> 0.5 mile jog Total time: 25 min	<u>Recovery Run</u> Warm-up: 5 min <u>or</u> 0.5 mile jog Workout: 15 min <u>or</u> 1.5-mile run Cool-down: 5 min walk Total time: 25 min
Four (4) weeks prior to race date Running minutes: 12.25 Workout minutes: 158	<u>Steady State Run</u> Warm-up: 5 min <u>or</u> 0.5 mile jog Workout: 20 min <u>or</u> 2-mile run Cool-down: 5 min walk Total time: 30 min	<u>Recovery Run</u> Warm-up: 5 min <u>or</u> 0.5 mile jog Workout: 15 min <u>or</u> 1.5-mile run Cool-down: 5 min walk Total time: 25 min	<u>Steady State Run</u> Warm-up: 5 min walk Workout: 25 min <u>or</u> 2.5-mile run Cool-down: 5 min walk Total time: 35 min	<u>Recovery Run</u> Warm-up: 5 min <u>or</u> 0.5 mile jog Workout: 15 min <u>or</u> 1.5-mile run Cool-down: 5 min walk Total time: 25 min	<u>Long Run</u> Warm-up: 5 min walk Workout: 33 min <u>or</u> 3.25-mile run Cool-down: 5 min walk Total time: 43 min
Three (3) weeks prior to race date Running minutes: 13 Workout minutes: 160	<u>Steady State Run</u> Warm-up: 5 min <u>or</u> 0.5 mile jog Workout: 20 min <u>or</u> 2-mile run Cool-down: 5 min walk Total time: 30 min	<u>Recovery Run</u> Warm-up: 5 min <u>or</u> 0.5 mile jog Workout: 15 min <u>or</u> 1.5-mile run Cool-down: 5 min walk Total time: 25 min	<u>Steady State Run</u> Warm-up: 5 min <u>or</u> 0.5 mile jog Workout: 25 min <u>or</u> 2.5-mile run Cool-down: 5 min walk Total time: 35 min	<u>Recovery Run</u> Warm-up: 5 min <u>or</u> 0.5 mile jog Workout: 15 min <u>or</u> 1.5-mile run Cool-down: 5 min walk Total time: 25 min	<u>Long Run</u> Warm-up: 5 min walk Workout: 35 min <u>or</u> 3.5-mile run Cool-down: 5 min walk Total time: 45 min

Week	Day A	Day B	Day C	Day D	Day E
Two (2) weeks prior to race date Running minutes: 13 Workout minutes: 135	<u>Recovery Run</u> Warm-up: 5 min <u>or</u> 0.5 mile jog Workout: 15 min <u>or</u> 1.5-mile run Cool-down: 5 min <u>or</u> 0.5 mile jog Total time: 25 min	<u>Steady State Run</u> Warm-up: 5 min <u>or</u> 0.5 mile jog Workout: 25 min <u>or</u> 2.5-mile run Cool-down: 5 min walk Total time: 35 min	<u>Recovery Run</u> Warm-up: 5 min <u>or</u> 0.5 mile jog Workout: 15 min <u>or</u> 1.5-mile run Cool-down: 5 min <u>or</u> 0.5 mile jog Total time: 25 min	<u>Tempo Run</u> Warm-up: 5 min <u>or</u> 0.5 mile jog Workout: 15 min <u>or</u> 1.5-mile run Cool-down: 5 min <u>or</u> 0.5 mile jog Total time: 25 min	<u>Recovery Run</u> Warm-up: 5 min <u>or</u> 0.5 mile jog Workout: 15 min <u>or</u> 1.5-mile run Cool-down: 5 min <u>or</u> 0.5 mile jog Total time: 25 min
TWOSOME WEEK! Running minutes: 13.1 Workout minutes: 145	<u>Steady State Run</u> Warm-up: 5 min <u>or</u> 0.5 mile jog Workout: 20 min <u>or</u> 2-mile run Cool-down: 5 min walk Total time: 30 min	<u>Recovery Run</u> Warm-up: 5 min <u>or</u> 0.5 mile jog Workout: 15 min <u>or</u> 1.5-mile run Cool-down: 5 min <u>or</u> 0.5 mile jog Total time: 25 min	<u>Recovery Run</u> Warm-up: 5 min <u>or</u> 0.5 mile jog Workout: 15 min <u>or</u> 1.5-mile run Cool-down: 5 min <u>or</u> 0.5 mile jog Total time: 25 min	<i>Twin Cities Twosome!</i> Warm-up: 5 min <u>or</u> 0.5 mile jog Workout: 5K run Cool-down: 5 min walk Total time: 40+ min	<u>Recovery Run</u> Warm-up: 5 min <u>or</u> 0.5 mile jog Workout: 15 min <u>or</u> 1.5-mile run Cool-down: 5 min walk Total time: 25 min