

# ***A Simple but Effective 10 week plan to get you ready for a 5K race.***

## **Weeks 1 and 2: Three Days per Week**

Walk out the door and travel 15 minutes in one direction, turn around, and return 15 minutes to where you started—30 minutes total. Follow these rules:

For the first five minutes of your workout, you should walk—no running.

For the last five minutes of your workout, you should walk—again, no running.

During the middle 20 minutes of the workout, you're free to jog or run—as long as you do so easily and don't push yourself.

Here's how to run during those middle 20 minutes: Alternate between jogging and walking. Jog until you start feeling tired (or a minimum of 30 seconds), walk until you are recovered, and repeat throughout running portion.

The goal is to complete this work out three times per week for two weeks.

## **Weeks 3 and 4: Four Days per Week**

Walk out the door and travel 18 minutes in one direction, turn around, and return 18 minutes to where you started—36 minutes total.

For the first five minutes of your workout, you should walk—no running.

For the last five minutes of your workout, you should walk—again, no running.

During the middle 26 minutes of the workout, you're free to jog or run, as long as you do so easily and don't push yourself. Here's how to run during those middle 26 minutes: Alternate between jogging and walking. Jog until you start feeling tired (or a minimum of 45 seconds), walk until you are recovered, and repeat throughout running portion.

The goal is to complete this workout four times per week for two weeks.

## **Weeks 5 and 6: Four to Five Days per Week**

Walk out the door and travel 20 minutes in one direction, turn around, and return 20 minutes to where you started—40 minutes total.

For the first five minutes of your workout, you should walk—no running.

For the last five minutes of your workout, you should walk—again, no running.

During the middle 30 minutes of the workout, jog or run. Keep an easy pace and don't push yourself. Here's how to run during those middle 30 minutes: Alternate between jogging and walking. Jog until you start feeling tired (or a minimum of 60 seconds), walk until you are recovered, and repeat throughout running portion.

The goal is to complete this work out four to five times per week for two weeks.

## **Weeks 7 and 8: Four to Five Days per Week**

Walk out the door and head in one direction for 23 minutes. Turn around and return 23 minutes to where you started—46 minutes total.

For the first five minutes of your workout, you should walk—no running.

For the last five minutes of your workout, you should walk—again, no running.

During the middle 36 minutes of the workout, jog or run at an easy pace. You should be able to hold a conversation with someone. Alternate between jogging and walking. Jog until you start feeling tired (or a minimum of 90 seconds), walk until you are recovered. Repeat this process throughout the running portion.

The goal is to complete this work out four to five times per week for two weeks.

## **Weeks 9 and 10: Five Days per Week**

Walk out the door and head in one direction for 25 minutes. Turn around and return 25 minutes to where you started—50 minutes total.

Walk for the first five minutes of your workout—no running.

Walk for last five minutes of your workout—again, no running.

During the middle 40 minutes of the workout, jog or run at an easy pace. Jog until you start feeling tired (or a minimum of two minutes), walk until you are recovered, and repeat throughout running portion.

Complete this workout five times per week for two weeks.