

Becoming a Runner 5k Plan

The focus of this plan is building the habits and experience you need to become a runner.

Walk

As you begin, walk as much as you need to. Run until fatigued, walk (briskly) until recovered.

Pace

Run at a conversational pace, slow enough that you can maintain a conversation with your running buddies.

Getting fast can come later. For now: Walk fast, Run slow.

Themes

There is a training theme for each two week cycle.

As you run/walk, consciously consider that theme and how you can improve.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Build a running habit. Get used to making room in your life for fitness							
Week 1	Rest	R/W: 10 minutes	Optional: Cross Train	R/W: 10 minutes	Rest	R/W: 1 mile	Walk: 20 minutes
Week 2	Rest	R/W: 12 minutes	Optional: Cross Train	R/W: 12 minutes	Rest	R/W: 1.5 mile	Walk: 20 minutes
Running form: Head up, shoulders down and back, don't clench your jaw or your fists							
Week 3	Rest	R/W: 15 minutes	Optional: Cross Train	R/W: 15 minutes	Rest	R/W: 1.5 mile	Walk: 25 minutes
Week 4	Rest	R/W: 18 minutes	Optional: Cross Train	R/W: 18 minutes	Rest	R/W: 2 mile	Walk: 25 minutes
Walk faster, run more							
Week 5	Rest	R/W: 22 minutes	Optional: Cross Train	R/W: 22 minutes	Rest	R/W: 2 mile	Walk: 30 minutes
Week 6	Rest	R/W: 26 minutes	Optional: Cross Train	R/W: 26 minutes	Rest	R/W: 2.5 mile	Walk: 35 minutes
Breathing. Breathe in for three steps and out for three steps							
Week 7	Rest	R/W: 32 minutes	Optional: Cross Train	R/W: 32 minutes	Rest	R/W: 3 mile	Walk: 40 minutes
Week 8	Rest	R/W: 35 minutes	Optional: Cross Train	R/W: 35 minutes	Rest	5K Race	CELEBRATE!

Definitions:

R/W: Run / Walk. Run until fatigued, walk until recovered. Walk fast; run slow

Walk: Brisk walk

Cross-Train: Any aerobic fitness that uses different muscles than running
Biking (or a spin class), swimming or yoga are ideal

Disclaimer: Always check with your doctor or a qualified medical professional before you start running or begin any new workout program.