

5K Training For Beginners

8 Week Training program for non-runners that want to run a 5k. It is important to complete warm up routine and cooldown routine in order to prevent injuries.

Warm-up

1. Swings- Ankle stretch
2. Low Walks- Across Lanes
3. Mobility 2 Each Side
4. Hip Circles
5. Hamstring Roll

Drills

1. High knees 30, 20, 10
2. Straight Legs 20
3. Skip Bounds 30
4. Accelerations 30
5. Karaoke

Cool-Down

1. Swings- Ankle stretch
2. Hamstring Roll
3. 800 Meter Walk

Abs Workout

Monday, Wednesday, Friday (EXTRA)

Weight Room Workout

Tuesday, Thursday (EXTRA)

Week 1|
Date

Out of The Couch

Warm-up

The Purpose of Week 1 is to get your body responding to working out. This week should be easy and comfortable. Rest Days are important to give your body time to recover. The 800m Faster pace on Thursday should be about 55-60% effort. Progressive means that you should run the same comfortable pace throughout the run.

Training Day

Monday	1 Mile Run 1 Mile Walk
Tuesday	1 Mile Run Grass Strides
Wednesday	Rest Day
Thursday	1.5 Mile Run (800m easy- 800m Faster Pace- 800m easy)
Friday	2 Mile Easy Run
Saturday	1 Mile Run (Progressive)
Sunday	Rest Day

Week 2|
Date

Out of The House

Warm-up

Week 2 gets you moving. Your body will start getting use to the runs.

Thursday workout will be a test to determine your conditioning. Although, it is only week 2, there's still a lot of training left.

Training Day

Monday	1.5 Mile Run 1 Mile Walk
Tuesday	20 Minute Run (5 min run X4, 1 min in b/t)
Wednesday	Rest Day (or 15 minute walk)
Thursday	2 Mile Run (1000m easy- 1200m Faster Pace- 1000m easy)
Friday	Fartlek Run (1on 1off 2on 2off 1on 2off 2on 1off) 10 Min walk
Saturday	10 Minute Run 10 Minute Walk
Sunday	Rest Day

Week 3|
Date

Into The Car

Warm-up

During the 3 week of training, you should start seeing a habit and improvement of conditioning. The runs should feel more comfortable, and you'll also see an increase of distance.

Training Day

Monday	2 Mile Run 1 Mile Walk
Tuesday	25 Minute Run (Progressive Run)
Wednesday	20 Minute Walk
Thursday	2.5 Mile Run (1000m easy- 1500m Faster Pace- 1500m easy)
Friday	3 x 10 minute Run (water break in b/t)
Saturday	15 Minute Run 10 Minute Walk
Sunday	Rest Day

Week 4|
Date

Drive to Race

Warm-up

At this point it should feel normal to get the workouts in. You can now start pushing yourself a little more. Continue to look ahead in order to achieve your goal.

Training Day

Monday	3 Mile Run (Comfortable) 1 Mile Walk
Tuesday	30 Minute Run
Wednesday	20 Minute Walk
Thursday	3 Mile Run (1 st mile warm up- 2 nd mile faster- 3 rd mile fastest)
Friday	10 Minute Jog 10 Minute Walk
Saturday	3 x 7 minute run (1 minute in b/t)
Sunday	Rest Day

Week 5|
Date

Arrive at Race

Warm-up

At Week 5 you should be ready to race. During this week we're going to maintain our endurance and get our body a few more days of training.

Training Day

Monday	3 Mile Run (Comfortable) 1.5 Mile Walk
Tuesday	30 Minute Run 10 Minute Walk
Wednesday	25 Minute Walk
Thursday	3.5 Mile Run (1 st mile warm up- 2 nd mile Fast- 3 rd Cooldown- last 800 meters walk)
Friday	3 x 10 minute run
Saturday	Fartlek Run -(1on 1off 2on 2off 1on 2off 2on 1off) x 2
Sunday	Rest Day

Week 6|
Date

Registered For Race

Warm-up

This week will be use to improve at faster pace and start peaking in our 5K training. This week you should push your limits and see how far you've come.

Training Day

Monday	4 Mile Run (Comfortable)
Tuesday	35 Minute Run 10 Minute Walk
Wednesday	25 Minute Walk
Thursday	4 Mile Run (1 st mile warm up- 2 nd mile Fast- 3 rd comfortable- 4 th mile cooldown)
Friday	6 x 5 minute run
Saturday	Fartlek Run -(1on 2off 2on 3off 2on 2off 3on 2off) x 2
Sunday	Rest Day

Week 7|
Date

Warm up for Race

Warm-up

The week before the 5K race will be used to continue from week 6 in addition to letting the body recover from the training program.

Training Day

Monday	4.5 Mile Run (Comfortable)
Tuesday	35 Minute Run 10 Minute Walk
Wednesday	15 Minute Run 15 Minute Walk
Thursday	4 Mile Run (1 st mile warm up- 2 nd mile Fast- 3 rd comfortable- 4 th mile cooldown)
Friday	7 x 6 minute run
Saturday	Fartlek Run -(1on 2off 2on 3off 2on 2off 3on 2off) x 3
Sunday	Rest Day

Week 8|
Date

Race Day

Warm-up

This is Race week. It should be exciting to see what 7 week of training have let to. This week will be all recovery, the workouts are not fast or long, instead we will stay active and get the cardiovascular system going without creating to much lactic acid.

Training Day

Monday	4 Mile Run (Comfortable)
Tuesday	15 Minute Run 10 Minute Walk 15 Minute Run
Wednesday	20 Minute Walk
Thursday	25 Minute Run
Friday	Warm up + 1 mile Run + Stretch
Saturday	Race Day
Sunday	20 Minute Walk + Stretch