



SAMPLE NOVICE 5K TRAINING PROGRAM

Training for and running a 5K race is a great way to get in shape and stay active. The following plan is designed to gradually prepare a novice runner to complete their first 5K. It will help build endurance gradually, while allowing adequate time for rest and recovery. In addition to the daily workouts, be sure to include a proper warm-up and cool down.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Run: 1 min. Walk: 1 min. X10	Rest	Run: 2 mins. Walk: 4 mins. X5	Rest	Run: 2 mins. Walk: 4 mins. X5	Rest	Run: 1 min. Walk: 1 min. X10
Week 2	Run: 3 mins Walk: 3 mins. X5	Rest	Run: 2 mins. Walk: 4 mins. X5	Rest	Run: 2 mins. Walk: 4 mins. X5	Rest	Run: 3 mins. Walk: 3 mins. X5
Week 3	Run: 7 mins. Walk: 2 mins. X3	Rest	Run: 5 mins. Walk: 3 mins. X3	Rest	Run: 7 mins. Walk: 2 mins. X3	Rest	Run: 8 mins. Walk: 2 mins. X3
Week 4	Run: 8 mins. Walk: 2 mins. X3	Rest	Run: 10 mins. Walk: 2 mins. X2 Run: 5 mins. X1	Rest	Run: 8 mins. Walk: 2 mins. X3	Rest	Run: 10 mins. Walk: 2 mins. X2 Run: 5 mins. X1
Week 5	Run: 9 mins. Walk: 1 min. X3	Rest	Run: 12 mins. Walk: 2 mins. X2 Run: 5 mins. X1	Rest	Run: 9 mins. Walk: 1 min. X3	Rest	Run: 12 mins. Walk: 2 mins. X2 Run: 5 mins. X1
Week 6	Run: 15 mins. Walk: 1 min. X2	Rest	Run: 15 mins. Walk: 1 min. X2	Rest	Run: 8 mins. Walk: 2 mins. X3	Rest	5K Race

KEY:

Warm-up: Use an active warm-up and walk five minutes at an easy pace before every run.

Cool down: Walk five minutes at an easy pace and stretch/foam roll after every run.

DISCLAIMER AND RELEASE OF LIABILITY: Participating in a marathon, whether running or walking, has inherent risks involved and could potentially be considered a hazardous activity. Not only the numerous injuries that you may incur by training and running in these events, but past history has shown that some runners have died during and upon completion of a marathon. GOLD IN SEPTEMBER are not responsible for any injuries or deaths. You must have medical clearance from your doctor before you engage in any exercise program and are properly trained before participating in these types of events.