

TRAIN TO RUN A 5K

WALK-IT CHALLENGE

Start by alternating walking and running for the amount of time outlined below. For example, the first day you will warm up for 5 minutes (a slow walk). Then, alternate running and walking: run one minute, then walk one minute, and repeat 10 times. Your pace should feel 'somewhat hard.' Your goal at the end of training is to be able to walk-run continuously for 35-40 minutes. On your 5K event day, if you feel any undue stress running continuously switch to a brisk walk. Follow the plan below and check off the days as you complete the training.

Week 1	Warm-up	Run	Walk	Repeat	Cool -Down	Total Workout Time	
Day 1	5 mins	1 min	1 min	10 x	5 mins	30 mins	<input checked="" type="checkbox"/>
Day 2	rest						<input type="checkbox"/>
Day 3	5	1	1	10 x	5	30	<input type="checkbox"/>
Day 4	rest						<input type="checkbox"/>
Day 5	5	2	3	4 x	5	30	<input type="checkbox"/>
Day 6	5	2	3	3 x	5	25	<input type="checkbox"/>
Day 7	rest						<input type="checkbox"/>

Week 2	Warm-up	Run	Walk	Repeat	Cool -Down	Total Workout Time	
Day 1	5 mins	3 mins	3 mins	4 x	5 mins	34 mins	<input type="checkbox"/>
Day 2	rest						<input type="checkbox"/>
Day 3	5	3	3	4 x	5	34	<input type="checkbox"/>
Day 4	rest						<input type="checkbox"/>
Day 5	5	5	3	3 x	5	34	<input type="checkbox"/>
Day 6	5	5	3	2 x	5	26	<input type="checkbox"/>
Day 7	rest						<input type="checkbox"/>

Week 3	Warm-up	Run	Walk	Repeat	Cool -Down	Total Workout Time	
Day 1	5 mins	7 mins	2 mins	3 x	5 mins	37 mins	<input type="checkbox"/>
Day 2	rest						<input type="checkbox"/>
Day 3	5	7	2	3 x	5	37	<input type="checkbox"/>
Day 4	rest						<input type="checkbox"/>
Day 5	5	8	2	3 x	5	40	<input type="checkbox"/>
Day 6	5	8	2	2 x	5	30	<input type="checkbox"/>
Day 7	rest						<input type="checkbox"/>

Week 4	Warm-up	Run	Walk	Repeat	Cool -Down	Total Workout Time	
Day 1	5 mins	10 min	2 mins	3 x	5 mins	46 mins	<input checked="" type="checkbox"/>
Day 2	rest						<input type="checkbox"/>
Day 3	5	10	2	3 x	5	46	<input type="checkbox"/>
Day 4	rest						<input type="checkbox"/>
Day 5	5	12	2	2 x	5	38	<input type="checkbox"/>
Day 6	5	12	2	2 x	5	38	<input type="checkbox"/>
Day 7	rest						<input type="checkbox"/>

Week 5	Warm-up	Run	Walk	Repeat	Cool -Down	Total Workout Time	
Day 1	5 mins	14 mins	2 mins	2 x	5 mins	42 mins	<input type="checkbox"/>
Day 2	rest						<input type="checkbox"/>
Day 3	5	15	1	2 x	5	42	<input type="checkbox"/>
Day 4	rest						<input type="checkbox"/>
Day 5	5	18	1	2 x	5	48	<input type="checkbox"/>
Day 6	5	15	1	2 x	5	42	<input type="checkbox"/>
Day 7	rest						<input type="checkbox"/>

Week 6	Warm-up	Run	Walk	Repeat	Cool -Down	Total Workout Time	
Day 1	5 mins	20 mins	1 min	2 x	5 mins	52 mins	<input type="checkbox"/>
Day 2	rest						<input type="checkbox"/>
Day 3	5	17	1	2 x	5	46	<input type="checkbox"/>
Day 4	5	15	1	2 x	5	42	<input type="checkbox"/>
Day 5	rest						<input type="checkbox"/>
Day 6	rest						<input type="checkbox"/>
Day 7	RUN A 5K						<input type="checkbox"/>

Remember: Be safe and be smart with any new exercise plan. Keep the following guidelines in mind: Check in with your doctor before starting an activity plan, warm up before you begin any exercise session, keep a check on your intensity level and cool down afterwards. Be sure to read your Program Materials – Book 2: *Start Moving More* – for more information.