Beginner Training Plan and Terminology

Rest: The most important day in any beginning or intermediate running program is rest. Rest days are as vital as training days. They give your muscles time to recover so you can run again. Actually, your muscles will build in strength as you rest. Without recovery days, you will not improve.

Run: Put one foot in front of the other and run. It sounds pretty simple, and it is. Don't worry about how fast you run; just cover the distance-- or approximately the distance suggested. Ideally, you should be able to run at a pace that allows you to converse comfortably while you do so. This isn't always easy for beginners, so don't push too hard or too fast.

Walk/Run: This is a combination of running and walking, suggested for those in-between days when you want to do some running, but only some. There's nothing in the rules that suggests you have to run continuously, either in training or in the 5-K race itself. Use your own judgment. Run until you begin to feel fatigued, then walk until recovered. Run. Walk. Run. Walk. Another option for in-between days is to do some cross-training: biking, swimming or just plain walking. You get a little exercise, but not so much that you are fatigued for the next day's running workout.

Walk: Walking is an excellent exercise that a lot of runners overlook in their training. In the training schedule below, we suggest that you go for an hour-long walk on the day after your longest run. Don't worry about how fast you walk, or how much distance you cover. Take time to stop and sniff the flowers or enjoy a scenic view. Not all training should be difficult. If a 60-minute walk seems too much at first, begin with about 30 minutes and add 5 minutes a week until you reach 60 minutes.

The following schedule is only a guide. Feel free to make minor modifications to suit your work and family schedule. The progression below suggests adding a quarter-mile to most runs each week. That's one lap on most outdoor tracks. If you train on the roads, or on trails, it's more difficult to measure precisely how far you run. So don't worry about it. Approximate the distance. Feel free to make minor modifications to suit your work and family schedule.

Beginner 5k Run Training Program

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	Run 1 min/Walk 1 min (Perform 10x)	Rest	Run 2 min/Walk 4 min (Perform 5x)	Rest	Rest	Run 2 min/Walk 4 min (Perform 5x)
2	Rest	Run 3 min/Walk 3 min (Perform 4x)	Cross Training	Run 3 min/Walk 3 min (Perform 4x)	Cross Training	Rest	Run 5 min/Walk 3 min (Perform 3x)
3	Rest	Run 7 min/Walk 2 min (Perform 3x)	Cross Training	Run 8 min/Walk 2 min (Perform 3x)	Cross Training	Rest	Run 8 min/Walk 2 min (Perform 3x)
4	Rest	Run 8 min/Walk 2 min (Perform 3x)	Cross Training	Run 10 min/Walk 2 min (Perform 2x then run for 5 min)	Cross Training	Rest	Run 8 min/Walk 2 min (Perform 3x)
5	Rest	Run 9 min/Walk 1 min (Perform 3x)	Cross Training	Run 12 min/Walk 2 min (Perform 2x then run for 5 min)	Cross Training	Rest	Run 8 min/Walk 2 min (Perform 3x)
6	Rest	Run 15 min/Walk 1 min (Perform 3x)	Cross Training	Run 8 min/Walk 2 min (Perform 3x)	Rest	Rest	**RACE DAY!**