

This program is for true beginners. Even those who exercise very little or not at all can use this to get started! As with any new exercise regimen, use your own judgement to decide what is right for you. Anyone who has an existing medical condition or history of exercise induced illness/injury should check with a doctor before you get started. Have fun!

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1		Run 1 min, Walk 4 min, x3		Run 1 min, Walk 4 min, x3		Run 1 min, Walk 4 min, x3	
Week 2		Run 2 min, Walk 3 min, x3		Run 2 min, Walk 3 min, x3		Run 2 min, Walk 3 min, x3	
Week 3		Run 2 min, Walk 3 min, x3		Run 2 min, Walk 3 min, x3		Run 2 min, Walk 3 min, x4	
Week 4		Run 3 min, Walk 2 min, x4		Run 3 min, Walk 2 min, x4		Run 3 min, Walk 2 min, x4	
Week 5		Run 3 min, Walk 2 min, x5		Run 3 min, Walk 2 min, x4		Run 3 min, Walk 2 min, x5	
Week 6		Run 5 min, Walk 1 min, x4		Run 3 min, Walk 2 min, x5		Run 10 min, Walk 1 min, Run 10 min	
Week 7		Run 5 min, Walk 1 min, x4		Run 5 min, Walk 1 min, x4		Run 10 min, Walk 1 min, Run 10 min	
Week 8		Run 8 min, Walk 1 min, Run 8 min		Run 8 min, Walk 1 min, Run 8 min		Run 12 min, Walk 1 min, Run 12 min	
Week 9		Run 15 min		Run 8 min, Walk 1 min, Run 8 min			Run 25 min
Week 10		Run 20 min		Run 15 min			Run 28 min
Week 11		Run 20 min		Run 20 min			Run 30 min
Week 12		Run 15 min		Run 12 min			RACE DAY!!!

Goals:

1. Have fun!
2. Finish 5k feeling strong and energized.
3. Insert your own personal goals here.
4. Insert your own personal goals here.

Notes:

1. Don't worry about how far or how fast you are going during each workout. Resist the temptation to run too fast, too soon.
2. If you need to walk during your week 9 - 12 workouts, that's OK. Push yourself to run the whole time, but don't over do it.
3. Walk like an athlete. No need to hurry, but stay focused and consistent. Learn how to recover while still moving forward.
4. Finish every workout with 1 minute of slow walking and 5 minutes of stretching. Try to eat a small healthy snack within 30 minutes of finishing each workout. Remember that taking your recovery seriously will prevent injury and keep you from being overly sore and miserable the next day.
5. Drink plenty of water throughout the day and during workouts as needed.