



### Beginning 5k training schedule

week	sun	mon	tue	wed	thu	fri	sat	total			
	day off	x train	easy	x train	moderate	day off	easy				
			pace		pace		pace				
week 1	off	xt	30 min	xt	30 min	off	30 min	90 min	base I phase		
week 2	off	xt	30 min	xt	30 min	off	35 min	95 min	0:30 / 4:30 ratio		
week 3	off	xt	30 min	xt	30 min	off	40 min	100 min	base II phase		
week 4	off	xt	30 min	xt	35 min	off	35 min	100 min	1 / 4:00 ratio		
week 5	off	xt	30 min	xt	35 min	off	45 min	110 min	endurance phase		
week 6	off	xt	35 min	xt	35 min	off	35 min	105 min	2 / 3 ratio		
week 7	off	xt	30 min	xt	35 min	off	50 min	115 min	strength phase		
week 8	off	xt	35 min	xt	35 min	off	40 min	110 min	3 / 2 ratio		
week 9	off	xt	35 min	xt	35 min	off	55 min	125 min			
week 10	off	xt	35 min	xt	35 min	off	45 min	115 min	speed building phase		
week 11	off	xt	40 min	xt	35 min	off	60 min	135 min	4 / 1 ratio		
week 12	off	xt	30 min	xt	30 min	off	5k	60 min	taper phase		

This schedule is designed for the beginner who has never run a 5k before and is a regular gym rat or occasional power walker

Each day is designated as a run, xt or off day. These days are set to work with each other and should not be deviated with the following exception.

The schedule is designed for a Tue/Thur/Sat training routine but may be switched easily to a Mon/Wed/Sat routine if that is more adaptable to ones schedule.

**Sunday and Friday** are the designated days off from running and all impact exercise.

**Monday and Wednesday** are designated to cross training for recovery. This may be swimming, cycling, gym work for upper body, TRX, yoga. Etc.

**Tuesday, Thursday and Saturday** are the scheduled run days. These days should be run at a very easy pace. The suggested walk/run break ratio is listed below each phase. For example during the endurance phase 2 / 3 ratio means throughout the session you will walk for two minutes and run for three minutes.

**NOTE:** The increase and decrease of running and walking does not change the pace of the run. The running pace on should always be slow and easy during the base I and II and endurance phases. During the strength and speed building phases you may increase the pace during the Thursday session to a Moderate pace. A moderate pace is not a sprint or a race pace but rather just an increase in pace to stress the body slightly to prepare it for a race pace.

Week 12 is the taper week and should be used to recover from the past 11 weeks of training. The taper phase is designed to allow the body to repair itself and rest up for the 5k race which should be schedule for the final Saturday or Sunday of the training schedule.

**Base I & II phases** is designed to allow the body to adapt to the pounding it takes during running; **Endurance** phase is to allow the body to adapt to longer sustained runs; **Strength/speed phases** are to allow the body to increase to a harder and faster run to prepare for the scheduled 5k race. **Taper** is designed for rest and recovery.