



# ON YOUR WAY TO YOUR FIRST 5K

A 10-week Training Plan for Novice Runners

by Aura Garver | Aurafitness

The following plan is designed to get you moving and gradually build your way into being able to run a 5K (3.1 miles) in about two and a half months. Here are some basics:

**COMMIT!!** Set a motivational deadline for yourself by signing up for a 5K in advance (For the Health of It is June 16th so early April is plenty of time to start training). Then make sure to schedule your training time into your daily planner. This plan requires three days per week of “running” for approximately 30 minutes. Run days should be spaced apart with a day of rest in between. If you want to exercise more, make the days in between running workouts cross training days. That means do something different like swim or bike for example. Rest one full day per week.

**BUILD A FOUNDATION:** If you are starting from “couch potato” it is easy to get discouraged by doing too much too soon. The most important thing is to get moving! In the beginning, it should be at an easy pace that feels sustainable to you. Don't be tempted to jump ahead in the plan. Better to finish feeling ready for more. Enthusiasm is excellent, but for now, slow and steady wins the race!

**TAKE SMALL STEPS:** You will notice that this plan begins with walking and gradually increases the amount of running so that you eventually aren't walking at all! This allows your body time to adjust and keeps you injury free.

**START SLOWLY:** Pace is something that can be increased after you accomplish your first 5K. For now, take it slowly. You should feel “breathy”, but be able to talk a bit.

**WARM UP & COOL DOWN:** Begin each work out with a brisk five minute walk (that does not count toward your workout time!). Finish each session with a good stretch.

The following plan is based on time. An average beginning 5K can take approximately 32-40 minutes to complete. Focusing on time is an easy way to track your progress. If you know the distance of your running route, you can use that as an added measure of progress.

Good luck and Enjoy!!

Week 1	Week 2	Week 3	Week 4	Week 5
Walk 20-30 min briskly.	Alternate: Walk 3 minutes then Run 1 minute. Total of 20-25 min.	Alternate: Walk 2 minutes then Running 1 minute. Total of 24-30 min.	Alternate: Walk 2 minutes then Run 2 minutes. Total of 28 min.	Run 3 min. Walk 2 min; repeat 4 times. Finish with a 5 minute run and a 5 minute walk.
Week 6	Week 7	Week 8	Week 9	Week 10
Run 5 min. & walk 3 min. repeat for total of 30 min. (2 days)	Run 10 minutes Walk 5 minutes Run 10 minutes Total of 25 min.	Run for 15 min. Walk for 5 min. Run for 5 min. Walk for 5 min.	Run 20 minutes Walk for 5 Run for 5.	Day one: Run 25 min. Day two: Run 30 min. Day three: 5K!!

Run 8 min. & walk 5 min. repeat for total of 26 min.