

6 week 5k Training Plan

This plan is designed for someone with very little running experience who just desires to cover the 5k distance. This program uses walking and running to help with adapting the body to running a 5k. Please consult with a doctor and running shoe expert before starting any training program.

Walk/Jog days are intended to get you accustomed to running. Start out by walking briskly, once you are warmed up begin to jog slowly enough that you would be able to carry on a conversation while running. When you need a rest just start to walk again. Once you are recovered begin to jog and repeat. Don't worry too much about how far you can run in the first few sessions just think positive and just keep moving. Choose your pace wisely and be patient.

Walk/XT are for walking or cross training (XT) which involves swimming, cycling, spinning, elliptical, etc. XT days should be aerobic by nature with low impact on the body. Yoga works great on the days when you need to stretch. Lifting weights works best as circuit training but not enough to make you sore.

Weekend runs are a test of your progress every week. The goal is to run as much, if not all, of each distance every weekend. Choose a course that is flat that has access to a water until you get organized and begin to carry your own water with you in a hydration belt. Access to a bathroom is nice bonus too.

For other running tips check out the following page. <http://saltlakerunningco.com/home/training/training-tips/>

Dates	WK	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Period 1	1	OFF	walk/jog 20 min	walk or XT 15-20 min	walk/jog 20 min	walk or XT 15-20 min	off/stretch	1/2 mile
	2	OFF	walk/jog 20 min	walk or XT 15-20 min	walk/jog 20 min	walk or XT 15-20 min	off/stretch	1 mile
	3	OFF	walk/jog 20 min	walk or XT 15-20 min	walk/jog 20 min	walk or XT 15-20 min	off/stretch	1 1/2 mile
Dates	WK	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Period 2	4	OFF	walk/jog 30 min	walk or XT 20-30 min	walk/jog 30 min	walk or XT 20-30 min	off/stretch	2 miles
	5	OFF	walk/jog 30 min	walk or XT 20-30 min	walk/jog 30 min	walk or XT 20-30 min	off/stretch	2 1/2 mile
	6	OFF	walk/jog 30 min	walk or XT 20-30 min	walk/jog 30 min	walk or XT 20-30 min	off/stretch	5k

