



Faithful Finish Lines Beginner 5k Training Plan

By Jill Csillag

This plan is structured for someone who wishes to complete their first 5k race, thru a combination of walking and running. Each week the running segments will increase to help the body adapt to the demands placed upon it. PLEASE use this only as a guideline, if you cannot run for the entire time designated, then walk until the next segment. Don't push yourself too hard when you run; you should go at a pace that is comfortable for you. If you feel stronger and wish to run for longer periods that is fine too; just be careful not to push your body too quickly and risk injury to yourself. If you develop an injury, stop running & take a few days off to prevent it from becoming worse.

This program is based upon a training plan of 3 days per week. Feel free to change the days you train if that is more convenient for you. However, always take a rest day from walking or running on the off days to give your legs muscles a chance to recover. If you are in good cardiovascular shape already and wish to cross train on the off days that is acceptable. We would recommend exercises such as cycling, the Elliptical machine, or strength training for the core and/or upper body, as these exercises are recruiting different muscle fibers. Our goal is for your legs to be fresh for each training session on this plan, as well as for race day.

You will notice on the second session of each week you will be doing 4 intervals, 2 walking and 2 running. The purpose of this is to allow your body to acclimate to longer running intervals and shorter walking segments. Again, if the running intervals are too long for you, it is perfectly OK to adapt and incorporate more walking into the routine.

Always be sure to stretch before and after each exercise session. If you have any health concerns, we strongly suggest having a physical from your doctor and obtaining their medical clearance before beginning this program.

Please be sure to hydrate properly and wear proper supportive running shoes.

Take your time, enjoy this wonderful journey towards better health, and most importantly, **HAVE FUN!**



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Week	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
#1	Walk 5 minutes Run 2 minutes Walk 6 minutes	REST	Walk 5 minutes Run 2 minutes Walk 6 minutes	REST	Walk 5 minutes Run 3 minutes Walk 6 minutes
#2	Walk 6 minutes Run 3 minutes Walk 6 minutes	REST	Walk 6 minutes Run 3 minutes Walk 7 minutes	REST	Walk 7 minutes Run 4 minutes Walk 7 minutes
#3	Walk 7 minutes Run 4 minutes Walk 8 minutes	REST	Run 4 minutes Walk 8 minutes Run 4 minutes Walk 8 minutes	REST	Walk 8 minutes Run 5 minutes Walk 8 minutes
#4	Walk 8 minutes Run 5 minutes Walk 9 minutes	REST	Run 5 minutes Walk 9 minutes Run 5 minutes Walk 9 minutes	REST	Walk 9 minutes Run 6 minutes Walk 10 minutes
#5	Walk 9 minutes Run 6 minutes Walk 10 minutes	REST	Run 6 minutes Walk 10 minutes Run 6 minutes Walk 10 minutes	REST	Walk 11 minutes Run 7 minutes Walk 11 minutes
#6	Walk 10 minutes Run 7 minutes Walk 11 minutes	REST	Run 7 minutes Walk 10 minutes Run 7 minutes Walk 11 minutes	REST	Walk 12 minutes Run 8 minutes Walk 12 minutes
#7	Walk 12 minutes Run 8 minutes Walk 10 minutes	REST	Walk 12 minutes Run 8 minutes Walk 11 minutes	REST	Walk 12 minutes Run 8 minutes Walk 11 minutes



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WALKING ONLY

Week	Monday	Wednesday	Friday
#1	Walk 15 minutes	Walk 1 mile	Walk 1.25 miles
#2	Walk 25 minutes	Walk 1.50 miles	Walk 1.75 miles
#3	Walk 30 minutes	Walk 1.75 miles	Walk 2 miles
#4	Walk 40 minutes	Walk 2 miles	Walk 2.25 miles
#5	Walk 40 minutes	Walk 2.25 miles	Walk 2.50 miles
#6	Walk 50 minutes	Walk 2.50 miles	Walk 2.75 miles
#7	Walk 40 minutes	Walk 30 minutes	Race day! Walk 3.1 miles

