

TWIN CITIES ORTHOPEDICS'

# WOMEN RUN THE CITIES

PRESENTED BY PNC BANK

# 5K "LEARN TO RUN" PLAN

presented by Moms on the Run

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Rest Day	28 minutes. Walk for 3 minutes, jog for 1 minute, x7	25 min cross train/strength	28 minutes. Walk for 3 minutes, jog for 1 minute, x7	Rest Day	28 minutes. Walk for 3 minutes, jog for 1 minute, x7	30 min cross train/strength
2	Rest Day	30 minutes. Walk for 3 minutes, jog for 2 minutes, x6	30 min cross train/strength	30 minutes. Walk for 3 minutes, jog for 2 minutes, x6	Rest Day	30 minutes. Walk for 3 minutes, jog for 2 minutes, x6	30 min cross train/strength
3	Rest Day	28 minutes. Walk for 2 minutes, jog for 2 minutes, x7	30 min cross train/strength	28 minutes. Walk for 2 minutes, jog for 2 minutes, x7	Rest Day	32 minutes. Walk for 2 minutes, jog for 2 minutes, x8	35 min cross train/strength
4	Rest Day	30 minutes. Walk for 2 minutes, jog for 3 minutes, x6	25 min cross train/strength	30 minutes. Walk for 2 minutes, jog for 3 minutes, x6	Rest Day	35 minutes. Walk for 2 minutes, jog for 3 minutes, x7	35 min cross train/strength
5	Rest Day	32 minutes. Walk for 1 minute, jog for 3 minutes, x8	20 min cross train/strength	32 minutes. Walk for 1 minute, jog for 3 minutes, x8	Rest Day	36 minutes. Walk for 1 minute, jog for 3 minutes, x9	40 min cross train/strength
6	Rest Day	30 minutes. Walk for 1 minute, jog for 4 minutes, x6	Rest Day	25 minutes. Walk for 1 minute, jog for 4 minutes, x5	Rest Day	10-20 minutes. Easy walk/jog	<b>RACE DAY!!</b>

Notes- Always begin with a 3-5 minute walking warmup. **Day Off** - No working out. Use these days to rest and recover. Also can use this day as a make-up day if life gets busy. **Run Days** - Run the suggested miles at an easy/conversational pace. **Cross Train Days/Strength** - Lets work our hearts but rest our legs and still build our cardiovascular system: elliptical, cycle, swim, etc. **Strength** - Light weights and/or body weight exercises: planks, pushups, dips, lunges, squats, circuit training, etc. **Long Run** - Run the suggested amount of miles at an easy/conversational pace. This plan was developed by Moms on the Run. Athletes are encouraged to take walk breaks when needed and to listen to their bodies. Join Moms on the Run for a more detailed and structured plan.