

TRAINING FOR YOUR FIRST 5K

WEEK

WORKOUT 1

WORKOUT 2

WORKOUT 3

1

Brisk 5 minute warm-up walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.

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2

Brisk 5 minute warm-up walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.

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Brisk 5 minute warm-up walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.

3

Brisk 5 minute warm-up walk, then do two repetitions of the following:

- Jog 200 yards (or 90 sec)
- Walk 200 yards (or 90 sec)
- Jog 400 yards (or 3 min)
- Walk 400 yards (or 3 min)

Brisk 5 minute warm-up walk, then do two repetitions of the following:

- Jog 200 yards (or 90 sec)
- Walk 200 yards (or 90 sec)
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Brisk 5 minute warm-up walk, then do two repetitions of the following:

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- Walk 200 yards (or 90 sec)
- Jog 400 yards (or 3 min)
- Walk 400 yards (or 3 min)

4

Brisk 5 minute warm-up walk, then:

- Jog 1/4 mile (or 3 min)
- Walk 1/8 mile (or 90 sec)
- Jog 1/2 mile (or 5 min)
- Walk 1/4 mile (or 2.5 min)
- Jog 1/4 mile (or 3 min)
- Walk 1/8 mile (or 90 sec)
- Jog 1/2 mile (or 5 min)

Brisk 5 minute warm-up walk, then:

- Jog 1/4 mile (or 3 min)
- Walk 1/8 mile (or 90 sec)
- Jog 1/2 mile (or 5 min)
- Walk 1/4 mile (or 2.5 min)
- Jog 1/4 mile (or 3 min)
- Walk 1/8 mile (or 90 sec)
- Jog 1/2 mile (or 5 min)

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- Walk 1/8 mile (or 90 sec)
- Jog 1/2 mile (or 5 min)
- Walk 1/4 mile (or 2.5 min)
- Jog 1/4 mile (or 3 min)
- Walk 1/8 mile (or 90 sec)
- Jog 1/2 mile (or 5 min)





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WORKOUT 3

5

Brisk 5 minute warm-up walk, then:

- Jog 1/2 mile (or 5 min)
- Walk 1/4 mile (or 3 min)
- Jog 1/2 mile (or 5 min)
- Walk 1/4 mile (or 3 min)
- Jog 1/2 mile (or 5 min)

Brisk 5 minute warm-up walk, then:

- Jog 3/4 mile (or 8 min)
- Walk 1/2 mile (or 5 min)
- Jog 3/4 mile (or 8 min)

Brisk 5 minute warm-up walk, then jog 2 miles (or 20 minutes) with no walking

6

Brisk 5 minute warm-up walk, then:

- Jog 1/2 mile (or 5 min)
- Walk 1/4 mile (or 3 min)
- Jog 3/4 mile (or 8 min)
- Walk 1/4 mile (or 3 min)
- Jog 1/2 mile (or 5 min)

Brisk 5 minute warm-up walk, then:

- Jog 1 mile (or 10 min)
- Walk 1/4 mile (or 3 min)
- Jog 1 mile (or 10 min)

Brisk 5 minute warm-up walk, then jog 2 1/4 miles (or 25 minutes) with no walking

7

Brisk 5 minute warm-up walk, then jog 2.5 miles (or 25 min)

Brisk 5 minute warm-up walk, then jog 2.5 miles (or 25 min)

Brisk 5 minute warm-up walk, then jog 2.5 miles (or 25 min)

8

Brisk 5 minute warm-up walk, then jog 2.75 miles (or 28 min)

Brisk 5 minute warm-up walk, then jog 2.75 miles (or 28 min)

Brisk 5 minute warm-up walk, then jog 2.75 miles (or 28 min)

9

Brisk 5 minute warm-up walk, then jog 3 miles (or 30 min)

Brisk 5 minute warm-up walk, then jog 3 miles (or 30 min)

Brisk 5 minute warm-up walk, then jog 3 miles (or 30 min)

During each week, intersperse fun activities to break up the monotony, such as games that involve running...soccer, baseball, lacrosse or kickball.

Try some fun activities such as doing an obstacle course at your local park, playing tag with your friends and running relay races. Jumping rope is a great conditioner. too!