



## My First 5K Run

Type of Exercise: Running	Level: Moderate to Hard	Equipment Needed: Good Shoes and a Watch
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This routine will help you move from just jogging to running a 5K (3.2 miles). Some people really respond to having an event to train for; perhaps picking a 5K that is at least 8 weeks out and preparing for it could spice up your exercise schedule!

This routine is designed for people who are physically active and want to run consistently. Running can be easily integrated into your current lifestyle. Find a convenient time, location, schedule it into your daily calendar, and go for a run! The goal of this program is to run a 5K without stopping. If you can do it under 30 min. – great!!

To calculate the intensity of your training, estimate your maximum heart rate (max HR):  
 $220 - \text{your age (years)} = \text{max HR}$ . Calculate your training intensity as a percentage of your calculated max HR. For a more accurate and individualized max HR, a certified trainer can help you perform a maximal graded exercise test. When you see the phrase: “x minutes at some percent (%)” in the table below, it refers to the percentage of your maximum HR.

Other important points: To work on your running technique consult an experienced and qualified coach. It’s easy to think that running is just running - everyone knows how to do it! Not so! A coach can probably help you go faster with less energy expenditure.

Schedule at least 1 rest day between the training sessions.

Add stretching exercises for the hamstrings, quads, and calves at the end of the training session and/or on your rest days (after warming up).

To use this routine, you should be able to run at least 3 mi. (at a slow pace) without stopping. A physical exam, including a stress test, before starting a running program is recommended. Please use common sense! Our downloadable routines are designed for average people with no underlying health issues. If you’re feeling poorly when exercising – stop and figure out what’s going on with your body. If you’ve got health issues that might be impacted by this routine, please visit your doctor before starting this program.

	Explanation of Goals and Exercise Routines	Estimated Time	Check if Completed ✓
Week 1	Let’s get started! This week’s goal is to build your cardio base. You’re training your heart, lungs, and legs to “take care of business”. This plan is easy to follow and will go by surprisingly fast. Each part is important. The warm up is getting your body and mind ready for the main training part. The main training part keeps you on task with the repetitions. The cool down is a treat. After you’ve worked hard you can relax, feel proud of yourself, and get excited about your next training opportunity.	80 Minutes	

Day 1	<ul style="list-style-type: none"> <li>• Warm up: 8 min fast walk including 3x 1 min easy jog</li> <li>• 4 x 3 min jog at ~80%; walk 3 min. between repetitions</li> <li>• 5-10 min cool down/walking</li> </ul>	~35 Minutes	
Day 2	<ul style="list-style-type: none"> <li>• Warm up: 8 min fast walk including 3 x 1min easy jog</li> <li>• 6 x 3 min jog at ~80%; walk 3 min. between repetitions</li> <li>• 5-10 min cool down/walking</li> </ul>	~45 Minutes	
Week 2	Your main training part will continually change. This will keep you on your toes! Your body will quickly adapt so changing the routine is important to facilitate progress, and to keep things interesting.	95 Minutes	
Day 1	<ul style="list-style-type: none"> <li>• Warm up: 8 min fast walk including 3 x 1 min easy jog</li> <li>• 5 x 4 min jog at ~80%; walk 3 min. between repetitions</li> <li>• 5-10 min cool down/walking</li> </ul>	~45 Minutes	
Day 2	<ul style="list-style-type: none"> <li>• Warm up: 8 min fast walk including 3 x 1 min easy jog</li> <li>• 5 x 5 min jog at ~80%; walk 3 min. between repetitions</li> <li>• 5-10 min cool down/walking</li> </ul>	~50 Minutes	
Week 3	Are you ready for more? We're adding on a day so you'll be running 1 hour 3 days per week! Most important is consistency which is challenging, but of course, possible. Find a convenient time, location, schedule it into your calendar, and run!	180 Minutes	
Day 1	<ul style="list-style-type: none"> <li>• Warm up: 10 min fast walk including 4 x 1 min easy jog</li> <li>• 6 x 5 min jog at ~80%; walk 3 min. between repetitions</li> <li>• 5-10 min cool down/walking</li> </ul>	~60 Minutes	
Day 2	<ul style="list-style-type: none"> <li>• Warm up: 10 min fast walk including 4 x 1 min easy jog</li> <li>• 5 x 6 min jog at ~80%; walk 3 min. between repetitions</li> <li>• 5-10 min cool down/walking</li> </ul>	~60 Minutes	
Day 3	<ul style="list-style-type: none"> <li>• Warm up: 10 min fast walk including 5 x 1 min easy jog</li> <li>• 4 x 8 min jog at ~75%; walk 3 min. between repetitions</li> <li>• 5-10 min cool down/walking</li> </ul>	~60 Minutes	
Week 4	Our three days per week training should be paying off! Consistency is the key. You know what works best for you. In addition to a good weekly schedule and set training plan, you need motivation to keep going. Think about what motivates you to maintain your running training (i.e., maybe it's the fresh air, the scenery, the way you feel, or wanting to stay fit to play with your kids). Stay motivated!	160 Minutes	
Day 1	<ul style="list-style-type: none"> <li>• Warm up: 10 min fast walk including 3 x 2 min easy jog</li> <li>• 8 x 2 min jog at ~85%; walk 2 min. between repetitions</li> <li>• 5-10 min cool down/walking</li> </ul>	~45 Minutes	
Day 2	<ul style="list-style-type: none"> <li>• Warm up: 10 min fast walk including 3 x 2 min easy jog</li> <li>• 5 x 7 min jog at ~80%; walk 2 min. between repetitions</li> <li>• 5-10 min cool down/walking</li> </ul>	~60 Minutes	
Day 3	<ul style="list-style-type: none"> <li>• Warm up: 10 min fast walk including 3 x 2 min easy jog</li> <li>• 3 x 10 min jog at ~75%; walk 3 min. between repetitions</li> <li>• 5-10 min cool down/walking</li> </ul>	~55 Minutes	
Week 5	Look how far you've come! You see and feel the difference. Be proud of what you've accomplished and stay motivated.	180 Minutes	

	Enjoy this! Being able to turn in a solid 5K run is a privilege – many people aren't able to do this.		
Day 1	<ul style="list-style-type: none"> <li>• Warm up: 10 min fast walk including 3 x 2 min easy jog</li> <li>• 10 x 2 min jog at ~90%; walk 2 min. between repetitions</li> <li>• 5-10 min cool down/walking</li> </ul>	~55 Minutes	
Day 2	<ul style="list-style-type: none"> <li>• Warm up: 10 min fast walk including 3 x 2 min easy jog</li> <li>• 5 x 8 min jog at ~80%; walk 2 min. between repetitions</li> <li>• 5-10 min cool down/walking</li> </ul>	~65 Minutes	
Day 3	<ul style="list-style-type: none"> <li>• Warm up: 10 min fast walk including 3 x 2 min easy jog</li> <li>• 3 x 12 min jog at ~75%; walk 4 min. between repetitions</li> <li>• 5-10 min cool down/walking</li> </ul>	~60 Minutes	
Week 6	WOO HOO! You're doing great and are ready for more, so we're ramping it up!! This week you'll be training more intensely and running faster.	205 Minutes	
Day 1	<ul style="list-style-type: none"> <li>• Warm up: 3 x 2 min easy jog; walk 2 min. between repetitions</li> <li>• 10 x 2 min jog at ~90%; walk 2 min. between repetitions</li> <li>• 10 min cool down/walking</li> </ul>	~60 Minutes	
Day 2	<ul style="list-style-type: none"> <li>• Warm up: 3 x 2 min easy jog; walk 2 min. between repetitions</li> <li>• 5 x 8 min jog at ~80%; walk 2 min. between repetitions</li> <li>• 10 min cool down/walking</li> </ul>	~70 Minutes	
Day 3	<ul style="list-style-type: none"> <li>• Warm up: 3 x 2 min easy jog; walk 2 min. between repetitions</li> <li>• 3 x 15 min jog at ~75%; walk 4 min. between repetitions</li> <li>• 10 min cool down/walking</li> </ul>	~75 Minutes	
Week 7	Keep up the hard work! You ramped up your training last week, now you're maintaining this level. Stay motivated and concentrate on how you feel before, during, and after your training. Feel good - feel strong.	205 Minutes	
Day 1	<ul style="list-style-type: none"> <li>• Warm up: 4 x 2 min easy jog; walk 2 min. between repetitions</li> <li>• 10 x 2 min jog at ~90%; walk 1 min. between repetitions</li> <li>• 15 min cool down/walking</li> </ul>	~60 Minutes	
Day 2	<ul style="list-style-type: none"> <li>• Warm up: 3 x 2 min easy jog; walk 2 min. between repetitions</li> <li>• 6 x 7 min jog at ~80%; walk 2 min. between repetitions</li> <li>• 10 min cool down/walking</li> </ul>	~75 Minutes	
Day 3	<ul style="list-style-type: none"> <li>• Warm up: 3 x 2 min easy jog; walk 2 min. between repetitions</li> <li>• 2 x 20 min jog at ~75%; walk 5 min. between repetitions</li> <li>• 15 min cool down/walking</li> </ul>	~70 Minutes	
Week 8	This is the week to test yourself. All your hard work has certainly paid off. Think about your 1 <sup>st</sup> week of training, how you felt physically and mentally. Appreciate where you are now. You will run your 5K this week. You can sign up for a race if you want more excitement. Remember that this 5K is just for fun, no pressure. See what you're capable of. Just go	155 Minutes	

	for it!		
Day 1	<ul style="list-style-type: none"> <li>• Warm up: 3 x 2 min easy jog; walk 2 min. between repetitions</li> <li>• 25 min jog at ~75%</li> <li>• 10 min cool down/walking</li> </ul>	45 Minutes	
Day 2	<ul style="list-style-type: none"> <li>• Warm up: 3 x 2 min easy jog; walk 2 min. between repetitions</li> <li>• 3 x 10 min jog at ~80%; walk 5 min. between repetitions</li> <li>• 10 min cool down/walking</li> </ul>	60 Minutes	
Day 3	<ul style="list-style-type: none"> <li>• Warm up: 3 x 2 min easy jog; walk 2 min. between repetitions</li> <li>• 5K – run fast, but chose your pace that you can maintain for the entire run</li> <li>• 10 min cool down/walking</li> </ul>	~50 Minutes	

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