

## Run Your First 5K

Each workout should be completed three times per week. Always include a WARM UP & COOL DOWN, as described below.

Week 1: Run 30 seconds, walk 3 minutes. Repeat 6 times. Total: 21 minutes

Week 2: Run 1 minute, walk 3 minutes. Repeat 5 times. Total: 20 minutes

Week 3: Run 90 seconds, walk 3 minutes. Repeat 5 times. Total: 22.5 minutes

Week 4: Run 2 minutes, walk 2 minutes. Repeat 5 times. Total: 20 minutes

Week 5: Run 3 minutes, walk 2 minutes. Repeat 4 times. Total: 20 minutes

Week 6: Run 4 minutes, walk 2 minutes. Repeat 4 times. Total: 24 minutes

Week 7: Run 6 minutes, walk 2 minutes. Repeat 3 times. Total: 24 minutes

Week 8: Run 8 minutes, walk 2 minutes. Repeat 3 times. Total: 30 minutes

Week 9: Run 9 minutes, walk 1 minute. Repeat 3 times. Total: 30 minutes

Week 10: Run 10 minutes, walk 1 minute. Repeat 3 times. Total: 33 minutes

Week 11: Run 15 minutes, walk 1 minute. Repeat 2 times. Total: 32 minutes

Week 12: Run 30 minutes. Total: 30 minutes

Week 13: 5K Race Day!

Warm up: Walk 5 minutes at an easy pace prior to walk-run workout to gradually increase circulation to working muscles and heart.

Cool down: Walk 5 minutes at an easy pace after every walk-run workout to gradually bring heartrate and breathing back to normal levels.