



## 5 weeks to 5K - Training Program

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>Week 1</b>	15 min	OFF	25 min	20 min	OFF	30 min	OFF
<b>Week 2</b>	1.5 miles	OFF	2 miles	1.5 miles	OFF	2 miles	OFF
<b>Week 3</b>	2 miles	OFF	2.5 miles	2 miles	OFF	2.5 miles	OFF
<b>Week 4</b>	2 miles	OFF	2.5 miles	2 miles	OFF	3 miles	OFF
<b>Week 5</b>	2 miles	OFF	2 miles	2 miles	OFF	10 – 15 minutes easy	<b>5K RACE</b>

### Notes for keeping training fun:

1. The program lists only times initially. Don't worry about distance early on. Don't feel you need to run the entire time. Just stay on your feet for the time specified and use whatever combination of running and walking you are most comfortable with. For example, start your session with a 5-10 minute walk then progress to X minutes of running and Y minutes of walking (e.g. run 2 minutes, walk 2 minutes). Experiment with different ratios but never run to the point of exhaustion. The key is to take your walk breaks early when you are still feeling strong. You'll be amazed at how far you'll be able to go with consistent walk breaks. As times change to distance, your training strategy remains the same. Continue experimenting with different run/walk ratios to find the one you are most comfortable with and which will enable you to complete the listed distance.
2. If you do not have a measured course where you most often run or walk, use time instead—based on your pace. In other words, if you are scheduled to complete 2 miles and you normally run or walk a 12 min mile, stay out for 24 minutes. If you don't know your pace, use 10 min/mile as your standard for runners and 15 min/mile for walkers.
3. Finally, don't stress about the schedule! Change days of the week that you run to what works best for you. Just try to maintain the same general sequence of events. If you miss a day or two—don't panic. There is a great deal of flexibility in the schedule.
4. Connect with our Strava community and share your running journey! J&A Racing Strava Club: [www.strava.com/clubs/jandaracing](http://www.strava.com/clubs/jandaracing)
5. Questions about the plan? J&A Racing is here to help. Ryan Conrad: [ryanc@jandaracing.com](mailto:ryanc@jandaracing.com)