

This easy-to-follow 5K training plan will take you from beginner to 5K finisher in just five weeks. The ultimate goal is to run a full 5K at the end of your training, but each workout in this plan includes the option to walk as well. So listen to your body, and if you don't feel up for running the entire workout, it's OK to walk when you need to. Do your best and aim to add in more running as you get fitter.

| DAY 1  | DAY 2   | DAY 3   | DAY 4   | DAY 5  | DAY 6  | DAY 7  |
|--|---|---|---|--|--|--|
| 10 min run or<br>run/walk<br>Run/walk idea:<br>run 1 min,<br>walk 1 min x5   | Rest or<br>cross-train:<br>20-30 min*<br>(optional)   | 16 min run or<br>run/walk<br>Run/walk idea:<br>run 1 min,<br>walk 1 min x8  | Rest  | Cross-train:<br>20-30 min*   | 1 mile run<br>or run/walk<br>(approx.<br>10–12 min)  | Rest   |
| Training Tip: Check your shoes  Before you begin training, take a look at the soles of your sneakers. If they're worn unevenly, the white midsole material is poking through the outside, or the heel looks crushed, it might be time for a new pair. Head to your local running store for expert guidance about the best fit for your feet.               |   |   |   |  |  |  |
| 20 min run<br>or run/walk<br>Run/walk idea:<br>run 1 min,<br>walk 1 min x10  | Rest or<br>cross-train:<br>20-30 min*<br>(optional)   | 26 min run or<br>run/walk<br>Run/walk idea:<br>run 1 min,<br>walk 1 min x13   | Rest  | Cross-train:<br>30 min*  | 1.5 mile run<br>or run/walk<br>(approx.<br>15–18 min)  | Rest   |
| Training Tip: Sign up "Having a set race day gives you a timely goal and extra motivation to complete your workouts," says Wagner. Because many races sell out early, you don't want to wait until the last minute to snag your spot. Visit <u>active.com/running/5k</u> to find a 5K near you.  |   |   |   |  |  |  |
| 18 min run or<br>run/walk<br>Run/walk idea:<br>run 2 min,<br>walk 1 min x6   | Rest or<br>cross-train:<br>20-30 min*<br>(optional)   | 30 min run or<br>run/walk<br>Run/walk idea:<br>run 2 min, walk 1<br>min x10   | Rest  | Cross-train:<br>30 min*  | 2 mile run<br>or run/walk<br>(approx.<br>20–24 min)  | Rest   |
| walk 1 min x6  Training Tip: Stay hydrated  Dehydration can be an energy sapper, not to mention a performance buster, which is why staying hydrated is key to any training program. Let your urine be your guide: If it's a pale yellow, you're sipping enough. However, if you start to see it turning darker yellow, that's a sign you need to drink up. |   |   |   |  |  |  |
| 32 min run or<br>run/walk<br>Run/walk idea:<br>run 3 min,<br>walk 1 min x8   | Rest or<br>cross-train:<br>20-30 min*<br>(optional)   | 20 min run<br>or run/walk<br>Run/walk idea:<br>run 3 min,<br>walk 1 min x5  | Rest  | Cross-train:<br>30 min*  | 2.5 mile run<br>or run/walk<br>(approx.<br>25–30 min)  | Rest   |
| Training Tip: Log those z's Sleep is always important, but it becomes even more critical when you're training for an event. That's because sleep allows your body to recover. Shoot for seven to nine hours a night, and set up a sleep schedule to help get your body into a regular routine.   |   |   |   |  |  |  |
| 35 min run or<br>run/walk<br>Run/walk idea:<br>run 4 min,<br>walk 1 min x7   | Rest or<br>cross-train:<br>20-30 min*<br>(optional)   | 25 min run or<br>run/walk<br>Run/walk idea:<br>run 4 min,<br>walk 1 min x5  | Rest  | Rest   | 5k/3.1 miles!<br>Run or run/<br>walk   | Celebrate!<br>You did it!  |
|  | run/walk  Run/walk idea: run 1 min, walk 1 min x5  Training Tip: C Before you begin t poking through the expert guidance of  20 min run or run/walk  Run/walk idea: run 1 min, walk 1 min x10  Training Tip: Si "Having a set race many races sell ou 5K near you.  18 min run or run/walk  Run/walk idea: run 2 min, walk 1 min x6  Training Tip: Si Dehydration can b training program. 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Got the jitters now that the race is approaching? Join the club. One way to quell that stress: Have a morning routine that you

Training Tip: Ease your anxiety

do every day, especially on race day, Wagner says.