



# R U N

| BASIC 5K TRAINING PROGRAM |      |              |          |              |          |             |              |
|---------------------------|------|--------------|----------|--------------|----------|-------------|--------------|
| Week                      | Mon  | Tue          | Wed      | Thu          | Fri      | Sat         | Sun          |
| 1                         | Rest | 1 mile run   | Rest     | 1 mile run   | Rest     | 30 min Walk | 1.5 mile run |
| 2                         | Rest | 1 mile run   | Rest     | 1 mile run   | Rest     | 30 min Walk | 1.5 mile run |
| 3                         | Rest | 1.5 mile run | Strength | 1.5 mile run | Strength | 45 min Walk | 2 mile run   |
| 4                         | Rest | 1.5 mile run | Strength | 1.5 mile run | Strength | 45 min Walk | 2 mile run   |
| 5                         | Rest | 1.5 mile run | Strength | 1.5 mile run | Strength | 45 min Walk | 2.5 mile run |
| 6                         | Rest | 1.5 mile run | Strength | 2 mile run   | Strength | 45 min Walk | 3 mile run   |
| 7                         | Rest | 1.5 mile run | Strength | 2 mile run   | Strength | 45 min Walk | 3 mile run   |
| 8                         | Rest | 1 mile run   | Rest     | 2 mile run   | Rest     | 30 min Walk | 3 mile run   |
| 9                         | Rest | 1 mile run   | Rest     | 2 mile run   | Rest     | Rest        | 2 mile run   |
| 10                        | Rest | 2            | Rest     | 2            | Rest     | Rest        | 5K Race      |

### Quick Tips:

- Find YOUR comfortable pace for each run.
- Strength days should be body weight exercises – push-ups, lunges, squats, pull-ups, etc.

### Getting Started:

- Visit your local running specialty store to get a pair of running shoes for your gait style.
- Use a timing piece to track your times and progress throughout the program.

### Support:

- [Fitness & Endurance Training group](#) on Facebook.
- Email questions to [tom@tiogawellness.com](mailto:tom@tiogawellness.com) at anytime.
- Keep an eye out for invites to Google Hangouts and SpreeCasts.