**“5K Training Schedule”**

**MY GOAL: To run/walk the 2nd Annual Race For Christian Education 5K & Kids Fun Run!**

**Sunday, November 3, 2013 1:30pm & 2:00pm**

RACE/Challenge: First decide if you’re running for time or distance. For a beginner I suggest you train to finish the 3.1 miles as pain free as possible.

Always begin with a 5 min. warm-up. Then be sure to stretch both before and after. You can google “runners stretches” and find several good sites. *Cool running/stay loose* is one of the best.

This will be a 10-week training guide. That will be ample time to prepare for the race and finish well. There will be a minimum of 3 times a week but 5 or 6 are fine. Always take at least one day off each week.

WEEK 1

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| Brisk five-minute warm-up walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes. | Brisk five-minute warm-up walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes. | Brisk five-minute warm-up walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes. |

WEEK 2

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| Brisk five-minute warm-up walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes. | Brisk five-minute warm-up walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes. | Brisk five-minute warm-up walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes. |

WEEK 3

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| Brisk five-minute warm-up walk, then do two repetitions of the following:* Jog 200 yards (or 90 seconds)
* Walk 200 yards (or 90 seconds)
* Jog 400 yards (or 3 minutes)
* Walk 400 yards (or three minutes)
 | Brisk five-minute warm-up walk, then do two repetitions of the following:* Jog 200 yards (or 90 seconds)
* Walk 200 yards (or 90 seconds)
* Jog 400 yards (or 3 minutes)
* Walk 400 yards (or three minutes)
 | Brisk five-minute warm-up walk, then do two repetitions of the following:* Jog 200 yards (or 90 seconds)
* Walk 200 yards (or 90 seconds)
* Jog 400 yards (or 3 minutes)
* Walk 400 yards (or three minutes)
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WEEK 4

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| Brisk five-minute warm-up walk, then:* Jog 1/4 mile (or 3 minutes)
* Walk 1/8 mile (or 90 seconds)
* Jog 1/2 mile (or 5 minutes)
* Walk 1/4 mile (or 2-1/2 minutes)
* Jog 1/4 mile (or 3 minutes)
* Walk 1/8 mile (or 90 seconds)
* Jog 1/2 mile (or 5 minutes)
 | Brisk five-minute warm-up walk, then:* Jog 1/4 mile (or 3 minutes)
* Walk 1/8 mile (or 90 seconds)
* Jog 1/2 mile (or 5 minutes)
* Walk 1/4 mile (or 2-1/2 minutes)
* Jog 1/4 mile (or 3 minutes)
* Walk 1/8 mile (or 90 seconds)
* Jog 1/2 mile (or 5 minutes)
 | Brisk five-minute warm-up walk, then:* Jog 1/4 mile (or 3 minutes)
* Walk 1/8 mile (or 90 seconds)
* Jog 1/2 mile (or 5 minutes)
* Walk 1/4 mile (or 2-1/2 minutes)
* Jog 1/4 mile (or 3 minutes)
* Walk 1/8 mile (or 90 seconds)
* Jog 1/2 mile (or 5 minutes)
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WEEK 5

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| Brisk five-minute warm-up walk, then:* Jog 1/2 mile (or 5 minutes)
* Walk 1/4 mile (or 3 minutes)
* Jog 1/2 mile (or 5 minutes)
* Walk 1/4 mile (or 3 minutes)
* Jog 1/2 mile (or 5 minutes)
 | Brisk five-minute warm-up walk, then:* Jog 3/4 mile (or 8 minutes)
* Walk 1/2 mile (or 5 minutes)
* Jog 3/4 mile (or 8 minutes)
 | Brisk five-minute warm-up walk, then jog two miles (or 20 minutes) with no walking. |

WEEK 6

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| Brisk five-minute warm-up walk, then:* Jog 1/2 mile (or 5 minutes)
* Walk 1/4 mile (or 3 minutes)
* Jog 3/4 mile (or 8 minutes)
* Walk 1/4 mile (or 3 minutes)
* Jog 1/2 mile (or 5 minutes)
 | Brisk five-minute warm-up walk, then:* Jog 1 mile (or 10 minutes)
* Walk 1/4 mile (or 3 minutes)
* Jog 1 mile (or 10 minutes)
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WEEK 7

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| Brisk five-minute warm-up walk, then jog 2.5 miles (or 25 minutes). | Brisk five-minute warm-up walk, then jog 2.5 miles (or 25 minutes). | Brisk five-minute warm-up walk, then jog 2.5 miles (or 25 minutes). |

WEEK 8

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| Brisk five-minute warm-up walk, then jog 2.75 miles (or 28 minutes). | Brisk five-minute warm-up walk, then jog 2.75 miles (or 28 minutes). | Brisk five-minute warm-up walk, then jog 2.75 miles (or 28 minutes). |

WEEK 9

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| Brisk five-minute warm-up walk, then jog 3 miles (or 30 minutes). | Brisk five-minute warm-up walk, then jog 3 miles (or 30 minutes). | The final workout! Congratulations! Brisk five-minute warm-up walk, then jog 3 miles (or 30 minutes). |

WEEK 10

Continue to run this week but taper off just a bit from week 9. You want to enjoy this week and don’t run the day before the race.

**YOU ARE READY… SO ENJOY!!!**

**R**un for

 **A**dventist

 **C**hristian

 **E**ducation