



5K Training Tips for Beginners

Start Date: Monday, September 9, 2024

Race Day: Sunday, November 3, 2024

Week 1 (September 9 - 15):

Goal: Introduce movement and build up stamina.

- **Run/Walkers:**
 - 3 days this week
 - Warm up: 5 minutes of easy walking
 - Alternate between:
 - **Run for 30 seconds, walk for 1.5 minutes** for a total of 20 minutes
 - Cool down: 5 minutes of slow walking
 - **Optional extra day:** 20-30 minutes of easy walking or a fun activity like biking.

Week 2 (September 16 - 22):

Goal: Continue building a foundation of stamina.

- **Run/Walkers:**
 - 3 days this week
 - Warm up: 5 minutes of easy walking
 - Alternate between:
 - **Run for 30 seconds, walk for 1.5 minutes** for a total of 25 minutes
 - Cool down: 5 minutes of slow walking
 - **Optional extra day:** Light physical activity or active play.

Week 3 (September 23 - 29):

Goal: Gradually increase running and walking intervals.

- **Run/Walkers:**

- 3 days this week
- Warm up: 5 minutes of easy walking
- Alternate between:
 - **Run for 1 minute, walk for 1.5 minutes** for 25 minutes
- Cool down: 5 minutes of slow walking

Week 4 (September 30 - October 6):

Goal: Continue increasing endurance.

- **Run/Walkers:**
 - 3 days this week
 - Warm up: 5 minutes of easy walking
 - Alternate between:
 - **Run for 1.5 minutes, walk for 1 minute** for 30 minutes
 - Cool down: 5 minutes of slow walking

Week 5 (October 7 - 13):

Goal: Push a little further with running/walking time.

- **Run/Walkers:**
 - 3 days this week
 - Warm up: 5 minutes of easy walking
 - Alternate between:
 - **Run for 2 minutes, walk for 1 minute** for 30 minutes
 - Cool down: 5 minutes of slow walking
 - **Optional extra day:** Light activity or stretching.

Week 6 (October 14 - 20):

Goal: Increase confidence by adding longer intervals.

- **Run/Walkers:**
 - 3 days this week
 - Warm up: 5 minutes of easy walking
 - **Run for 3 minutes, walk for 1 minute** for 30 minutes
 - Cool down: 5 minutes of slow walking

Week 7 (October 21 - 27):

Goal: Simulate race day with longer running/walking time.

- **Run/Walkers:**

- 3 days this week
- Warm up: 5 minutes of easy walking
- **Run for 3.5 minutes, walk for 1 minute** for 35 minutes
- Cool down: 5 minutes of slow walking
- **Optional extra day:** Practice pacing or take an easy walk.

Week 8 (October 28 - November 3):

Goal: Get race-ready and taper for the event.

- **Run/Walkers:**
 - **2 training days this week (Monday and Wednesday):**
 - Warm up: 5 minutes of easy walking
 - **Run for 3 minutes, walk for 1 minute** for 25 minutes
 - Cool down: 5 minutes of slow walking
 - **Race Day (Sunday, November 3):**
 - Warm up with 5-10 minutes of easy walking
 - Pace yourself during the race
 - Have fun and finish strong!

Race Day Tips:

- **Rest up** the night before.
- **Eat a light meal** an hour or so before the race. Best to avoid sugar.
- **Stay hydrated** but don't overdo it right before the race.
- **Pace yourself** and don't worry if others are faster.
- **Celebrate** finishing—whether running or walking—you've achieved something awesome!