

Beginner 5k Training

Week 1

Monday- OFF

Tuesday- 1.5 Miles Relaxed

Wednesday- **Fartlek**: 5 min warm up into 5x (1:30 run 1:00 walk/jog) 5 min cool down Also do x-training circuit

Thursday- 1 Miles- Relaxed

Friday-OFF

Saturday- 30 minute easy run or cross train

Sunday- 2 Miles

Week 2

Monday- OFF

Tuesday- 1.5 Miles Relaxed

Wednesday- **Fartlek**: 5 min warm up into 6x (1:30 run 1:00 walk/jog) 5 min cool down Also do x-training circuit

Thursday- 1.5 Miles- Relaxed

Friday-OFF

Saturday- 30 minute easy run or cross train

Sunday- 2.5 Miles

Week 3

Monday- OFF

Tuesday- 2 Miles Relaxed

Wednesday- **Fartlek**: 5 min warm up into 8x (1:30 run 1:00 walk/jog) 5 min cool down Also do x-training circuit

Thursday- 1.5 Miles- Relaxed

Friday-OFF

Saturday- 30 minute easy run or cross train

Sunday- 3 Miles

Week 4

Monday- OFF

Tuesday- 2 Miles Relaxed

Wednesday- **Fartlek**: 5 min warm up into 8x (1:30 run 1:00 walk/jog) 5 min cool
down Also do x-training circuit

Thursday- 2 Miles- Relaxed

Friday-OFF

Saturday- 35 minute easy run or cross train

Sunday- 3 Miles

Week 5

Monday- OFF

Tuesday- 2 Miles Relaxed

Wednesday- **Fartlek**: 5 min warm up into 10x (1:30 run 1:00 walk/jog) 5 min cool
down Also do x-training circuit

Thursday- 1.5 Miles- Relaxed

Friday-OFF

Saturday- 2 Miles- Relaxed

Sunday- 3.5 Miles

Week 6

Monday- OFF

Tuesday- 2 Miles Relaxed

Wednesday- **Fartlek**: 10 min warm up into 8x (2:00 run 1:00 jog/walk) 5 min cool down Also do x-training circuit

Thursday- 35 minute easy run or cross train

Friday- OFF

Saturday- 2 Miles Relaxed

Sunday- 4 Miles

Week 7

Monday- OFF

Tuesday- 3 Miles Relaxed

Wednesday- **Fartlek**: 10 min warm up into 8x (3:00 run 1:00 walk/jog) 5 min cool down... Also do x-training circuit

Thursday- 2 Miles- Relaxed

Friday-OFF

Saturday- 40 minute easy run or cross train

Sunday- 5 Miles- Relaxed

Week 8

Monday- OFF

Tuesday- 3 Miles Relaxed

Wednesday- **Fartlek**: 5 min warm up into 5x (4:00 run, 1:00 walk/jog) 5 min cool down... Also do x-training circuit

Thursday- 1.5 Miles- Relaxed

Friday-OFF

Saturday- 40 minute easy run or cross train

Sunday- 4 Mile Run

***You should cross train twice a week. Complete one circuit on Wednesdays preferably after your workout. Complete the other circuit on Fridays or Saturdays.

X-Training Circuit #1

- ② Squats – No Weight- 50 total- change foot position every 10-15 squats
- ② Squats- with 5lb weight (medicine ball, dumbbell, kettle-bell) 1x20- holding weight in hands, as you squat down move arms/ball upward straight above head, as you come up and out of the squat, bring arms/weight to chest and repeat
- ② Planks (on elbows) – 2x30 seconds build to 2x45 seconds
- ② Side Planks (on elbows or with arm extended)- 2x30 seconds build to 2x45 seconds
- ② Butt Ups- Laying on your back, bend your knees so that your feet are on the floor close to your butt. Raise your hips so that your core, hips, and thighs are straight. Make sure your core is tight. Hold this 2x1:00. To challenge yourself alternate rising left leg/right leg every 10 seconds.
- ② Push Ups- 40 total- Not fun, but totally worth it! Do it on your knees, break it up, but whatever you do... DON'T QUIT! 😊
 - Core Work- 20 each exercise- use 5-8lb weight
 - Single Leg drop and hold- 1x30 seconds each leg

- Standing Side to Side
- Big Circles (switch at 10)
- Seated Full Sit-Ups
- Seated Side Twists
- V-Ups
- Suitcase Crunches

X-Training Circuit #2

Do the following exercises paired together in the order written reaching a max rep of 20 per exercise. If you cant do all 20 at once, then switch it up doing 10 of each pair.

- 🌀 Rows (use a kettle-bell) / Lunges
- 🌀 Push-Ups/ Prisoner Squats (normal squats but place your hands behind your head as if you were doing a sit up)
- 🌀 Jump Squats/ Side-to-Side Lunges
- 🌀 Planks (2x30sec)/Diamond Push-Ups
- 🌀 Dips/Straight Arm Squats
- 🌀 You can add some core of your choice at the end 😊

Relaxed Runs: Most important thing about these days is to just get the mileage in! By the third week you should be able to complete each run without walking- that should be your goal! But if you need to walk, that is fine. Try to time it, "I'm going to walk for 1 minute and then I will run again."

Fartlek: These workouts are designed for you to be pushing yourself outside of your comfort zone. The pace of the run time should be faster than your comfortable pace, but not sprinting. Imagine a pace that you can hold for one to two miles. This is also really good for burning fat! The warm ups and cool downs are really important. You can choose to walk them or preferably run them.

Cross Training- Running can be tough on your body, use these days to do low impact exercise. Ride the bike, hop on the elliptical, go for a swim, do some relaxing yoga.

Rest Days- These days are very important in order for your body to recover and to prevent injury. Remember on these days to stay off your feet, hydrate, and eat clean.