




## "Run/Walk" 5K Training Program

DAY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MODE	Rest Day	Run/Walk	Cross Train	Run/Walk	Rest or XT	Endurance Run/Walk	Cross Train
INTENSITY		Moderate	Very Easy	Easy	Very Easy	Conversational Pace	Very Easy
HEART RATE		65-75%	55-65%	65-75%	55-65%	60-75%	55-65%
RPE		7 to 8	5 to 7	6 to 7	5 to 7	6 to 7	5 to 7
<i>The "Run/Walk" Program is best suited for beginning runners and those recovering from injuries.</i>							
<b>WEEK 1</b>		20 minutes		20 minutes		2 miles	
January 18 - 24	Rest	Run 3 min/ Walk 2 min Repeat 4 times	30 minutes	Run 3 min/ Walk 2 min Repeat 4 times	Rest or XT	Run 3 min/Walk 2 min Repeat to completion	20 minutes
<b>WEEK 2</b>		20 minutes		20 minutes		3 miles	
January 25 - 31	Rest	Run 3 min/ Walk 2 min Repeat 4 times	30 minutes	Run 3 min/ Walk 2 min Repeat 4 times	Rest or XT	Run 3 min/Walk 2 min Repeat to completion	20 minutes
<b>WEEK 3</b>		20 minutes		20 minutes		3 miles	
February 1 - 7	Rest	Run 3 min/ Walk 2 min Repeat 4 times	30 minutes	Run 3 min/ Walk 2 min Repeat 4 times	Rest or XT	Run 3 min/Walk 2 min Repeat to completion	20 minutes
<b>WEEK 4</b>		25 minutes		25 minutes		3 miles	
February 8 - 14	Rest	Run 3 min/ Walk 2 min Repeat 5 times	30 minutes	Run 3 min/ Walk 2 min Repeat 5 times	Rest or XT	Run 3 min/Walk 2 min Repeat to completion	25 minutes
<b>WEEK 5</b>		25 minutes		25 minutes		4 miles	
February 15 - 21	Rest	Run 3 min/ Walk 2 min Repeat 5 times	30 minutes	Run 3 min/ Walk 2 min Repeat 5 times	Rest or XT	Run 3 min/Walk 2 min Repeat to completion	25 minutes
<b>WEEK 6</b>		25 minutes		25 minutes		4 miles	
February 22 - 28	Rest	Run 3 min/ Walk 2 min Repeat 5 times	35 minutes	Run 3 min/ Walk 2 min Repeat 5 times	Rest or XT	Run 3 min/Walk 2 min Repeat to completion	25 minutes
<b>WEEK 7</b>		30 minutes		30 minutes		4 miles	
March 1 - 7	Rest	Run 3 min/ Walk 2 min Repeat 7 times	35 minutes	Run 3 min/ Walk 2 min Repeat 7 times	Rest or XT	Run 3 min/Walk 2 min Repeat to completion	30 minutes
<b>WEEK 8</b>		30 minutes		30 minutes		5 miles	
March 8 - 14	Rest	Run 3 min/ Walk 2 min Repeat 7 times	35 minutes	Run 3 min/ Walk 2 min Repeat 7 times	Rest or XT	Run 4 min/Walk 2 min Repeat to completion	30 minutes
<b>WEEK 9</b>		30 minutes		30 minutes		5 miles	
March 15 - 21	Rest	Run 3 min/ Walk 2 min Repeat 7 times	40 minutes	Run 3 min/ Walk 2 min Repeat 7 times	Rest or XT	Run 4 min/Walk 2 min Repeat to completion	30 minutes
<b>WEEK 10</b>		36 minutes		36 minutes		5 miles	
March 22 - 28	Rest	Run 4 min/ Walk 2 min Repeat 6 times	40 minutes	Run 4 min/ Walk 2 min Repeat 6 times	Rest or XT	Run 4 min/Walk 2 min Repeat to completion	30 minutes
<b>WEEK 11</b>		36 minutes		36 minutes		5 miles	
March 29 - April 4	Rest	Run 4 min/ Walk 2 min Repeat 6 times	45 minutes	Run 4 min/ Walk 2 min Repeat 6 times	Rest or XT	Run 5 min/Walk 2 min Repeat to completion	30 minutes
<b>WEEK 12</b>		36 minutes		36 minutes		5 miles	
April 5 - 11	Rest	Run 4 min/ Walk 2 min Repeat 6 times	45 minutes	Run 4 min/ Walk 2 min Repeat 6 times	Rest or XT	Run 5 min/Walk 2 min Repeat to completion	30 minutes
<b>WEEK 13</b>		40 minutes		40 minutes		5 miles	
April 12 - 18	Rest	Run 4 min/ Walk 1 min Repeat 8 times	45 minutes	Run 4 min/ Walk 1 min Repeat 8 times	Rest or XT	Run 5 min/Walk 2 min Repeat to completion	30 minutes
<b>WEEK 14</b>		40 minutes		40 minutes		5 miles	
April 19 - 25	Rest	Run 4 min/ Walk 1 min Repeat 8 times	45 minutes	Run 4 min/ Walk 1 min Repeat 8 times	Rest or XT	Run 5 min/Walk 2 min Repeat to completion	30 minutes
<b>WEEK 15</b>		40 minutes		40 minutes		5 miles	
April 26 - May 2	Rest	Run 4 min/ Walk 1 min Repeat 8 times	45 minutes	Run 4 min/ Walk 1 min Repeat 8 times	Rest or XT	Run 5 min/Walk 2 min Repeat to completion	30 minutes
<b>WEEK 16</b>		42 minutes	30 minutes			 <b>Race Day!</b>	
May 3 - 9	Rest	Run 5 min/ Walk 1 min Repeat 7 times	Run 5 min/ Walk 1 min Repeat 5 times	Rest	Rest	Run 5 min/Walk 1 min	Rest
<b>Recovery May 10 - 16</b>	Rest or XT	30 minutes R/W: 4/2	Rest	30 minutes R/W: 4/2	Rest or XT	3 miles R/W: 4/2	30 minutes
<b>Recovery May 17 - 23</b>	Rest or XT	30 minutes R/W: 4/2	30 minutes	30 minutes R/W: 4/2	Rest or XT	4 miles R/W: 5/1	30 minutes
<b>Recovery May 24 - 30</b>	Rest or XT	42 minutes R/W: 4/2	30 minutes	42 minutes R/W: 4/2	Rest or XT	5 miles R/W: 5/1	30 minutes

### SCHEDULE KEY

**Warm-up:** 5-10 minutes at an easy pace prior to every workout. **Cool-down:** 5 minutes at an easy pace after every workout.

**Stretch:** after every workout while muscles are still warm to maintain or improve flexibility and prevent injuries.

**Heart Rate:** Using a heart rate monitor, maintain a range between the prescribed percentages of estimated maximum heart rate.

**RPE:** Rating of Perceived Exertion. Rate your level of intensity by how you feel, 1-10. 1 being at rest and 10 being an all out level.

Use this system to stay in the range listed on the training program (i.e. 6-7)

**Cross-Training:** Include activities that are non-running/-walking. Cycling, swimming, pilates/yoga, and spinning are great cross training modes. Cross-training allows you to rest your walking muscles while training opposing muscle groups and reducing the risk of injury.

**Rest or XT:** This can be either a rest day or a cross training day. **Take at least one rest day per week to avoid overtraining injuries and burnout.**

**Endurance Workout:** The Endurance Workout should be at a slow and comfortable pace. You should be at a pace to hold a conversation easily.

### Have a Training Question?

Email Mini Marathon Online Coach **Kim Modglin** at [AskTheCoach@500festival.com](mailto:AskTheCoach@500festival.com)

Training schedules developed by Coach Kim Modglin, RCEP, Exercise Physiologist at St. Francis Hospital and Health Centers