



5K Running Plan

For each of your workouts, select your pace by judging your **Rate of Perceived Exertion (RPE)** on a scale of 1-20, where 6 is no exertion at all, 9-12 is light exertion, 15 is hard and talking is tough, and 19 is Maximal exertion.

Week	Workout 1	Workout 2	Workout 3
1	Brisk 5 min warm-up walk, then do 8 repetitions of the following: <ul style="list-style-type: none"> • 60s of jogging • 90s of walking 	Brisk 5 min warm-up walk, then do 8 repetitions of the following: <ul style="list-style-type: none"> • 60s of jogging • 90s of walking 	Brisk 5 min warm-up walk, then do 8 repetitions of the following: <ul style="list-style-type: none"> • 60s of jogging • 90s of walking
2	Brisk 5 min warm-up walk, then do 7 repetitions of the following: <ul style="list-style-type: none"> • 2 min of jogging • 1 min of walking 	Brisk 5 min warm-up walk, then do 7 repetitions of the following: <ul style="list-style-type: none"> • 2 min of jogging • 1 min of walking 	Brisk 5 min warm-up walk, then do 7 repetitions of the following: <ul style="list-style-type: none"> • 2 min of jogging • 1 min of walking
3	Brisk 5 minute warm-up walk, then do 6 repetitions of the following: <ul style="list-style-type: none"> • 4 min of jogging • 1 min of walking 	Brisk 5 minute warm-up walk, then do 6 repetitions of the following: <ul style="list-style-type: none"> • 4 min of jogging • 1 min of walking 	Brisk 5 minute warm-up walk, then do 6 repetitions of the following: <ul style="list-style-type: none"> • 4 min of jogging • 1 min of walking
4	Brisk 5 min warm-up walk, then do 4 repetitions of the following: <ul style="list-style-type: none"> • 6 min of jogging • 2 min of walking 	Brisk 5 min warm-up walk, then do 4 repetitions of the following: <ul style="list-style-type: none"> • 6 min of jogging • 2 min of walking 	Brisk 5 min warm-up walk, then do 4 repetitions of the following: <ul style="list-style-type: none"> • 6 min of jogging • 2 min of walking
5	Brisk 5 min warm-up walk, then do 3 repetitions of the following: <ul style="list-style-type: none"> • 9 min of jogging • 2 min of walking 	Brisk 5 min warm-up walk, then do 3 repetitions of the following: <ul style="list-style-type: none"> • 9 min of jogging • 2 min of walking 	Brisk 5 min warm-up walk, then do 3 repetitions of the following: <ul style="list-style-type: none"> • 9 min of jogging • 2 min of walking
6	Brisk 5 min warm-up walk, then do 3 repetitions of the following: <ul style="list-style-type: none"> • 12 min of jogging • 1 min of walking 	Brisk 5 min warm-up walk, then do 3 repetitions of the following: <ul style="list-style-type: none"> • 12 min of jogging • 1 min of walking 	Brisk 5 min warm-up walk, then do 3 repetitions of the following: <ul style="list-style-type: none"> • 12 min of jogging • 1 min of walking
7	Brisk 5 min warm-up walk, then do 2 repetitions of the following: <ul style="list-style-type: none"> • 15 min of jogging • 1 min of walking 	Brisk 5 min warm-up walk, then do 2 repetitions of the following: <ul style="list-style-type: none"> • 15 min of jogging • 1 min of walking 	Brisk 5 min warm-up walk, then do 2 repetitions of the following: <ul style="list-style-type: none"> • 15 min of jogging • 1 min of walking
8	Brisk 5 min warm-up walk, then do 30 min of jogging.	Brisk 5 min warm-up walk, then do 30 min of jogging.	The final workout. Congrats! Brisk 5 min warm-up walk, then do 30 min of jogging.

5K Walking Plan

For each of your workouts, select your pace by judging your **Rate of Perceived Exertion (RPE)** on a scale of 1-20, where 6 is no exertion at all, 9-12 is light exertion, 15 is hard and talking is tough, and 19 is Maximal exertion.

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1 Walk (8-9) RPE 30-40% HR	15 Minute	15 Minute	Rest	15 Minute	15 Minute	Rest	15 Minute
							Goal 60-75 min.
2 Walk 9 to 11 RPE 30-40% HR	20 Minute	Rest	20 Minute	20 Minute	Rest	20 Minute	20 Minute
							Goal 75-100 min.
3 Walk 11 to 13 RPE 40% HR	Rest	25 Minutes	25 Minutes		25 Minutes	25 Minutes	25 Minutes
							Goal 100-125 min.
4 Walk 11 to 13 RPE 40% HR	Rest	30 Minutes	30 Minutes	30 Minutes	Rest	30 Minutes	40 Minutes
							Goal 125- 150 min.
5 Walk 13-14RPE 50-60% HR		30 Minutes	30 Minutes	30 Minutes		45 Minutes	
6 Walk 15 + RPE 60-70 % HR	30 Minutes	30 Minutes	30 Minutes		55-60 Minutes	5K	
Weeks 7 & 8 Walk 5K RPE 15 + 70-85% HR	60 Minutes		Interval 1 10 min walk-w/ 8-12 30 second speed bursts w/ 2 minutes recovery 10 min cooldown			Interval 2 10 min walk-w/ 3-4 bouts of Fast Paced Walk 80%HR for 8 minutes followed by Slow walk 2 Minutes or 20-30 Min. 85% HR continuous fast walk	

At this point, you could complete your 5K walk. But if you have the time to build your aerobic fitness and speed, add interval workouts to your shorter within-week walks while keeping your long walk at an easier pace. Perform Interval 1 & 1 Time per week.

Interval Workouts: Interval 1 builds speed, do it for one workout each week. The Anaerobic Interval 2 Walk builds aerobic fitness, do it for one workout each week.

Common Stretches

After your run: Hold each stretch
for about 30 seconds.

Remember to slowly inhale and
exhale while holding the stretch.

Avoid bouncing.

