



HOW TO TRAIN FOR A 5 KM EVENT:

1. This guide is a 12-week training plan to help you complete the Oshkosh 5k event without getting injured, and having fun along the way!

2. **EVERY work-out** should consist of at least a 5 minute **WARM-UP and COOL-DOWN** and do not include this in your total time. So, walk or bike for 5 minutes before you get started, and after you finish your workout.

3. **LISTEN TO YOUR BODY!** If running 4 days a week is getting you injured or fatigued, cut it down to three days a week, and add one day of rest or cross-training.

4. **SUNDAYS:** Longer runs.

- (a) For weeks 1-2: jog 1 minute; walk 1 minute for the given duration
- (b) For weeks 3-4: jog 2 minutes; walk 1 minute for the given duration
- (c) For weeks 5-6: jog 3 minutes; walk 1 minute for the given duration
- (d) For weeks 7-8: jog 4 minutes; walk 1 minute for the given duration
- (e) For weeks 9-10: jog 5 minutes; walk 1 minute for the given duration
- (f) For weeks 11-12: Try to complete the entire given duration jogging. If you must walk, try jogging 5 minutes and walking 1 minute.

5. **MONDAYS:** Rest or cross-train, indicated by, "x." Don't push yourself too hard today.

6. **TUESDAY WORKOUT OPTIONS:**

- **Warm-up: 5-10 minutes of slow jogging**
- **Main Set: High Intensity/Interval workout session options. Here are 3 options**
 - (a) **6 x 1** minute hard running, followed by 1 minute slow;
 - (b) **3 x 3** minutes of hard running, followed by 1 minute of slow running; or
 - (c) **Ladder:**
 - 4 minutes hard running, 2 minutes easy jogging or walking,
 - 3 minutes hard running, 2 minutes easy jogging or walking,
 - 2 minutes hard running, 2 minutes easy jogging or walking,
 - 1 minute hard running. Then cool-down!
- **Cool-down: Always finish with at least 5-10 minutes of slow jogging or walking to cool-down after your "main set."**

6. **WEDNESDAYS and FRIDAYS:** Go easy or cross-training.

7. **THURSDAYS:** Easy run

8. **STRETCH** all major muscle groups to re-align muscle tissue and increase your flexibility. Stretch **AFTER** your run. If you need to, slightly stretch after your warm-up if you feel something needs it. Only you know what muscles need extra attention, so **LISTEN TO YOUR BODY!**

Blessings in your training and health!
Christine Wallace, MS, CPT

12 WEEK 5K TRAINING GUIDE: For beginners**WEEKS 1 - 4**

<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
15 min.	20 min. X or rest	15 min.	20 min. X or rest	15 min.	20 min. X	REST
20 min.	20 min. X or rest	15 min.	20 min. X or rest	15 min.	20 min. X	REST
20 min.	20 min. X or rest	15 min.	20 min. X or rest	20 min.	20 min. X	REST
15 min.	20 min. X or rest	15 min.	20 min. X or rest	15 min.	20 min. X	REST

WEEKS 5 - 8

20 min.	20 min. X or rest	15 min.	20 min. X or rest	15 min.	20 min. X	REST
25 min.	20 min. X or rest	20 min.	20 min. X or rest	20 min.	20 min. X	REST
30 min.	25 min. X or rest	20 min.	25 min. X or rest	20 min.	25 min. X	REST
20 min.	20 min. X or rest	20 min.	20 min. X or rest	20 min.	20 min. X	REST

WEEKS 9 - 12

25 min.	25 min. X or rest	20 min.	25 min. X or rest	20 min.	25 min. X	REST
30 min.	30 min. X or rest	20 min.	30 min. X or rest	25 min.	30 min. X	REST
35 min.	35 min. X or rest	20 min.	35 min. X or rest	30 min.	35 min. X	REST
20 min.	20 min. X or rest	20 min.	20 min. X or rest	20 min.	20 min. X	REST

* min. denotes minute

** X denotes cross-training (try biking, stationary biking, swimming, and other fun forms of cardiovascular and strength-building exercises)