



Beginner Training Plan

RUNNING U



FIRECRACKER
5K
TRAINING
PROGRAM

WEEK	DATE	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	5/1 - 5/7	Run 2, Walk 3 x 4 = 20 min	20 min walk	Rest	Run 2, Walk 3 x 3 = 15 min	Free Day	Run 2, Walk 3 x 3 = 15 min	Rest
2	5/8 - 5/14	Run 3, walk 3 x 4 = 24 min	25 min walk	Rest	Run 3, walk 3 x 3 = 15 min	Free Day	Run 3, walk 3 x 3 = 15 min	Rest
3	5/15 - 5/21	Run 5, walk 3 x 3 = 24 min	25 min walk	Rest	Run 5, walk 3 x 2 = 16 min	Free Day	Run 5, walk 3 x 2 = 16 min	Rest
4	5/22 - 5/28	Run 7, walk 2 x 3 = 18 min	30 min walk	Rest	Run 7, walk 2 x 3 = 18 min	Free Day	Run 7, walk 2 x 3 = 18 min	Rest
5	5/29 - 6/4	Run 8, walk 2 x 2 = 20 min	30 min walk	Rest	Run 8, walk 2 x 2 = 20 min	Free Day	Run 8, walk 2 x 2 = 20 min	Rest
6	6/5 - 6/11	Run 10, walk 2 x 2 = 24 min	35 min walk	Rest	Run 10, walk 2 x 2 = 24 min	Free Day	Run 10, walk 2 x 2 = 24 min	Rest
7	6/12 - 6/18	Run 12, walk 2 x 2 = 28 min	35 min walk	Rest	Run 12, walk 2 x 2 = 28 min	Free Day	Run 12, walk 2 x 2 = 28 min	Rest
8	6/19 - 6/25	Run 14, walk 2 x 2 = 32 min	40 min walk	Rest	Run 14, walk 2 x 2 = 32 min	Free Day	Run 14, walk 1 x 2 = 30 min	Rest
9	6/26 - 7/2	Run 15, walk 1 x 2 = 32 min	40 min walk	Rest	Run 18, walk 1 x 2 = 38 min	Run 20, walk 1 x 2 = 42 min	Rest	Run 17, Walk 1 x 2 = 36
10	7/3 - 7/4	Rest	RACE DAY					



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This plan assumes that you can walk for 30 minutes without stopping. Start all workouts with a 5-minute warm up walk and end with a 5 minute cooldown walk. Workouts are in minutes, so Run 1 Walk 1 means Run 1 minute, Walk one minute. These should be done at a pace where you can carry on a conversation. If you find yourself gasping for breath, slow down. The biggest mistake new runners make is trying to go too fast.

Free days are YOURS. Do what feels right to you. Go for another walk or run/walk, do some hiking, biking, or swimming, go to yoga or Pilates, do a strength session, or just take some extra rest.