



# First Timer Training Plan

RUNNING U



FIRECRACKER  
5K  
TRAINING  
PROGRAM

WEEK	DATE	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	5/1 - 5/7	Walk 30 min	Walk 25 min	Rest	Walk 30 min	Free Day	Walk 30 min	Rest
2	5/8 - 5/14	Run 1, walk 2 x 6 = 18 min	30 min walk	Rest	Run 1, walk 2 x 6 = 18 min	Free Day	Run 1, Walk 2 x 6 = 18 min	Rest
3	5/15 - 5/21	Run 2, walk 4 x 4 = 24 min	30 min walk	Rest	Run 2, walk 4 x 4 = 24 min	Free Day	Run 2, walk 4 x 4 = 24 min	Rest
4	5/22 - 5/28	Run 3, walk 6 x 3 = 18 min	35 min walk	Rest	Run 3, walk 6 x 2 = 18 min	Free Day	Run 3, walk 6 x 2 = 18 min	Rest
5	5/29 - 6/4	Run 4, walk 8 x 3 = 36 min	35 min walk	Rest	Run 4, walk 8 x 3 = 36 min	Free Day	Run 4, walk 8 x 3 = 36 min	Rest
6	6/5 - 6/11	Run 3, walk 4 x 5 = 35 min	40 min walk	Rest	Run 3, walk 4 x 5 = 35 min	Free Day	Run 3, walk 4 x 5 = 35 min	Rest
7	6/12 - 6/18	Run 4, walk 6 x 4 = 40 min	45 min walk	Rest	Run 4, walk 6 x 4 = 40 min	Free Day	Run 4, walk 6 x 4 = 40 min	Rest
8	6/19 - 6/25	Run 4, walk 4 x 5 = 40 min	50 min walk	Rest	Run 4, walk 4 x 5 = 40 min	Free Day	Run 4, walk 4 x 5 = 40 min	Rest
9	6/26 - 7/2	Run 5, walk 5 x 4 = 40 min	60 min walk	Rest	Run 5, walk 5 x 4 = 40 min	Free Day	Run 5, walk 5 x 4 = 40 min	Rest
10	7/3 - 7/4	Rest	<b>RACE DAY</b>					



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Start all workouts with a 5 minute easy 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 1 minute. If you prefer, you can alternate harder and easier walking efforts. Regardless, these should be done at a pace where you can carry on a conversation, so if you are gasping for breath, slow down.

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

This plan is designed to help someone who has never run a 5k complete the distance.

Questions? Email us at [info@fortcollinsrunningclub.org](mailto:info@fortcollinsrunningclub.org)