


ZERO**to 5K****RUNNING U**

Beginner Training Plan

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 one 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 you to go from walking for 15-20 minutes to run/walking a 5K. You are training to keep moving for the distance and duration that you will cover on race day.

Week	Date	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	4/22-4/28	Walk 20 min	Walk 15 min	Rest	Walk 20 min	Free Day	Walk 25 min	Rest
2	4/29-5/5	Walk 30 min	Walk 25 min	Rest	Walk 30 min	Free Day	Walk 30 min	Rest
3	5/6-5/12	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
4	5/13-5/19	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
5	5/20-5/26	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
6	5/27-6/6	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
7	6/3-6/9	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
8	6/10-6/16	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
9	6/17-6/23	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
10	6/24-6/30	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
11	7/1-7/4	Run 5, walk 5 x 2 = 20 min	Rest	Rest or Walk 10-15 min	Race Day!  July 4th			

Questions? Email us at info@fortcollinsrunningclub.org