

10 Weeks to Race-Ready – Beginner 5k Running Plan

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Rest	Run 1 K	Rest	Run 1 K	Rest	Walk 30 Min	Run 1 K
2	Rest	Run 1 K	Rest	Run 1 K	Rest	Walk 30 Min	Run 1 K
3	Rest	Run 2 K	Rest	Run 2 K	Rest	Walk 30 Min	Run 2 K
4	Rest	Run 2 K	Rest	Run 2 K	Rest	Walk 30 Min	Run 3 K
5	Rest	Run 3 K	Rest	Run 3 K	Rest	Walk 30 Min	Run 3 K
6	Rest	Run 3 K	Rest	Run 3 K	Rest	Walk 30 Min	Run 4 K
7	Rest	Run 3 K	Rest	Run 3 K	Rest	Walk 30 Min	Run 4 K
8	Rest	Run 4 K	Rest	Run 4 K	Rest	Walk 30 Min	Run 5 K
9	Rest	Run 4 K	Rest	Run 4 K	Rest	Walk 30 Min	Run 6 K
10	Rest	Run 1 K	Rest	Run 1 K	Rest	Walk 30 Min	5 K Race!

Are you thinking of running but not sure where to begin? Can you walk 5 km today? If so, this plan is designed to take you from running 0 to 5 km in 10 weeks and prepare you to run your first 5 km road race. For building endurance, it's important to keep your runs easy enough that you can carry on a conversation. If necessary, break up your runs with short walking stretches to lower your heart rate, and ease your breathing. Then when you are ready, begin a slow job again. Remember, slow and steady finishes the race!

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