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This training plan is designed to prepare non runners to slowly and safely prepare to complete and jog a 5K. **If you have any medical concerns, consult your physician before participating in any strenuous activity.**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday*	Sunday
Week 1: Goal: Get yourself moving! Make your goals realistic. Don't expect to go every day. Too much too fast will get your injured. Enjoy your rest days as much as the workouts.						
Walk 20 min	REST	Walk 20-30 min	Walk 20-30 min	REST	Walk 20-30 min	REST
Week 2: Goal: Find a partner to help enjoy the time.						
Begin with 10 min walk <i>Alternate 5 times:</i> <i>1 min run, 1 min walk</i> Finish with 10 min walk	REST	Begin with 10 min walk <i>Alternate 5 times:</i> <i>2 min run, 1 min walk</i> Finish with 5 min walk	Walk 30 min	REST	Begin with 10 min walk <i>Alternate 5 times:</i> <i>2 min run, 2 min walk</i> Finish with 5 min walk	REST
Week 3: Goal: Stretch after your workouts; it helps eliminate aches & pains.						
Begin with ½ mile walk <i>Alternate 7 times:</i> <i>1 min run, 1 min walk</i> Finish with ½ mile walk	REST	Begin with ½ mile walk <i>Alternate 5 times:</i> <i>2 min run, 2 min walk</i> Finish with ½ mile walk	Walk 30 min	REST	Begin with 1 mile walk <i>Alternate 5 times:</i> <i>2 min run, 2 min walk</i> Finish with ½ mile walk	REST
Week 4: Goal: Learn how far a 5K is. Find out what it's going to take.						
Begin with 5 min walk <i>Alternate 4 times:</i> <i>3 min run, 2 min walk</i> Finish with ½ mile walk	REST	Begin with 5 min walk <i>Alternate 5 times:</i> <i>2 min run, 2 min walk</i> Finish with ½ mile walk	Walk 30 min	REST	Begin with 10 min walk <i>Run 5 min</i> Finish with ½ mile walk	REST



Week 5: Goal: Notice how a regular walking and running routine affects your mood and your energy level.						
Begin with 2 min walk <i>Alternate 2 times:</i> 5 min run, 2 min walk Finish with ½ mile walk	REST	Begin with 5 min walk <i>Alternate 5 times:</i> 2 min run, 2 min walk Finish with ½ mile walk	Begin with 10 min walk <i>Run 5 min</i> Finish with 15 min walk	REST	Begin with 5 min walk <i>Alternate 3 times:</i> 4 min run, 2 min walk Finish with ½ mile walk	REST
Week 6: Goal: Change your scenery. Run and walk at a local park or a find a different loop to keep it interesting.						
Begin with 2 min walk <i>Alternate 2 times:</i> 7 min run, 2 min walk Finish with ½ mile walk	REST	3Begin with 5 min walk <i>Alternate 5 times:</i> 3 min run, 2 min walk Finish with ½ mile walk	Begin with 10 min walk <i>Run 10 min</i> Finish with 10 min walk	REST	Begin with 5 min walk <i>Alternate 4 times:</i> 4 min run, 2 min walk Finish with ½ mile walk	REST
Week 7: Goal: Make sure you are signed up for the race.						
Begin with 2 min walk <i>Alternate 3 times:</i> 7 min run, 2 min walk Finish with 3 min walk	REST	Begin with 2 min walk <i>Alternate 5 times:</i> 4 min run, 2 min walk Finish with 3 min walk	Begin with 10 min walk <i>Run 10 min.</i> Finish with 10 min walk	REST	Begin with 2 min walk <i>Alternate 5 times:</i> 4 min run, 2 min walk Finish with 3 min walk	REST
Week 8: Goal: Reward yourself for your training. You're almost there!						
Begin with 2 min walk <i>Alternate 3 times:</i> 7 min run, 1 min walk Finish with 3 min walk	REST	Begin with 2 min walk <i>Alternate 5 times:</i> 4 min run, 2 min walk Finish with 3 min walk	Begin with 10 min walk <i>Run 15 min.</i> Finish with 10 min walk	REST	Begin with 2 min walk <i>Alternate 2 times:</i> 10 min run, 2 min walk Finish with 3 min walk	REST



Week 9: Goal: Talk up the race with your family & friends...you will finish. Can they?						
Begin with 10 min walk <i>Run 15 min.</i> Finish with 10 min walk	REST	Begin with 2 min walk <i>Alternate 5 times:</i> <i>4 min run, 2 min walk</i> Finish with 3 min walk	Begin with 10 min walk <i>Run 10 min.</i> Finish with 10 min walk	REST	Begin with 2 min walk <i>Alternate 3 times:</i> <i>8 min run, 1 min walk</i> Finish with 3 min walk	REST

Week 10: Goal: Finish your first 5K...and have fun!!						
Begin with 10 min walk <i>Run 15 min.</i> Finish with 10 min walk	REST	Begin with 2 min walk <i>Alternate 5 times:</i> <i>4 min run, 2 min walk</i> Finish with 3 min walk	REST	REST	RACE DAY!!	REST, and be proud of yourself!