

Gregg's 5K Training Program



5K Training Plan

(Get your physician's approval before attempting a 5K walk/run - the goal is physical fitness, not physical harm!)

At my annual physical, Doc says, "Lose 10 pounds."

I am paraphrasing, as it was not that polite!

I chose to set another goal:

- I will train for, and run a 5k walk/race that is scheduled five weeks from today

Goal 1; to lose 10 pounds, I viewed as negative, exercise and diet, and not attainable.

Goal 2; to run a 5k, I viewed it as positive, a challenge I knew I could do with preparation.

Two goals, same result!

Plan On Purpose!

1. Find a local 5k walk/race scheduled at least 5 weeks from today
2. Before you can run 5K, you must be able to run 1K !
 - a. Can you walk 5K?
 - b. Establish a route for training - set your trip odometer and drive around a safe neighborhood to measure 3.2 miles
 - i. Possibly a 1-mile loop to run laps; or
 - ii. Measure an "out-and-back" route 1.6 miles
 - c. Walk the 3.2 mile route
 - i. If you are able to walk the route, then you know you will be able to finish the 5K walk/run! If you are not able to walk the route, walk as far as you can, and then walk 50 steps further each day until you can complete the route!
 1. I recommend using the "out-and-back" route of half of your maximum distance that you are able to walk
 - d. Register for the event and begin training!
 - i. The reason for registering now is to make the commitment!
3. Equipment - a decent pair of running shoes and a timing device and steps counter
 - a. I used my iphone as a timer, and steps app; you may choose to use another device
 - b. The key is to be able to run without thinking about time and distance
 - i. When the alarm sounds, start running and don't stop until the alarm sounds to transition to waking... or until your body says it just can't keep going
 1. Then adjust your plan - maybe continue the current week plan an extra day or two, or the following week
4. Work-out Schedule
 - a. Goal of at least 10,000 steps per day
 - b. Monday - Wednesday - Friday rest days - but still walk 10,000 steps
 - i. I chose to ride my bike 7 miles on rest days (counts toward 10,000 steps)
 - c. Tuesday - Thursday - Saturday - Run/Walk 3.2 miles
 - i. You may feel like you can run 3.2 miles without walking starting day one
 1. Try to resist this temptation, and use the 5 weeks to build your strength and stamina
 - ii. You may feel like you can't advance to the next running time in the training plan below
 1. Continue on the current week running time as long as you need to
 2. You may run/walk the race alternating walking 3 minutes and running 3 minutes and still reach your goal!
5. Walk / Run Training Schedule - as easy as 3, 5, 7 !
 - a. Week 1
 - i. Walk / Run 3.2 miles 3/3
 - ii. Alternate walk 3 minutes, run 3 minutes
 - b. Week 2
 - i. Walk / Run 3.2 miles 3/5
 - ii. Alternate walk 3 minutes, run 5 minutes
 - c. Week 3
 - i. Walk / Run 3.2 miles 3/7
 - ii. Alternate walk 3 minutes, run 7 minutes
 - d. Week 4

- i. Walk / Run 3.2 miles
 - ii. Mon 3/9, Wed 3/11, Fri 3/13
 - 1. Depending on your pace, it is possible you may finish the 3.2 miles before completing the second leg of running after 3 minute walking leg
- e. Week 5 - Race this Saturday!
 - i. Monday Walk / Run 3/15
 - ii. Tuesday Rest / Bike Day
 - iii. Wednesday Run 3.2 miles NO walk
 - iv. Thursday Rest / Bike Day
 - v. Friday Rest / No Bike
- 6. Race Day! Run 3.2 miles and have fun!
- 7. It was a few days after the race before I remembered to check to see that I lost 12 pounds - I never checked my weight since the physical
 - a. It wasn't my goal to lose weight - it was to finish a 5K run in 35 minutes...
 - b. Finish Time 29:25
 - c. Placed 84th out of 310 runners
 - d. 7th place out of 17 in my age group
 - e. Goal!
- 8. 10K race next year??