

5K FIRST-TIME TRAINING PLAN



TRAVERSE CITY
TRACK CLUB

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	1 Mile Run	Rest	10 Min Run	Cross/Rest	30 Min Walk	1.25 Mile Run	Rest
2	1.25 Mile Run	Rest	10 Min Run	Cross/Rest	30 Min Walk	1.5 Mile Run	Rest
3	1.5 Mile Run	Rest	12.5 Min Run	Cross/Rest	35 Min Walk	1.75 Mile Run	Rest
4	1.75 Mile Run	Rest	15 Min Run	Cross/Rest	40 Min Walk	2 Mile Run	Rest
5	2 Mile Run	Rest	17.5 Min Run	Cross/Rest	45 Min Walk	2.5 Mile Run	Rest
6	2.5 Mile Run	Rest	20 Min Run	Cross/Rest	50 Min Walk	2.75 Mile Run	Rest
7	3 Mile Run	Rest	20 Min Run	Cross/Rest	60 Min Walk	3 Mile Run	Rest
8	3 Mile Run	Rest	20 Min Run	Cross/Rest	15 Min Easy Walk	5K Race	Rest



Definitions and Explanations

This easy/first time training program is intended for runners who are looking to start running or to get back into running after a long break. It assumes that the runner is not injured or has a recent past running injury, and can run/walk about a mile at any pace without stopping. This program consists of Mile Runs, Min Run, Min Walk and Cross Training and/or Rest Days. It is an 8 week program. This program uses four active days with two full rest days and one cross training or an additional rest day depending on the user's preference. An explanation of the above running types can be found below.

Mile Run:

This is a run for the allotted miles indicated. This should be run at an easy pace where breathing is not labored.

Min Run:

This is a run for the allotted time indicated minutes. This should be run at an easy pace where breathing is not labored.

Min Walk:

This is a walk for the allotted time indicated in minutes. This should be at a brisk walking pace.

Cross/Rest:

Cross/Rest is intended for the runner to do cross training such as walking, swimming, easy biking, or easy weight

lifting (light weights and high repetitions). Cross training does not include running. If the runner needs a rest day, this can be used as a full rest day.

Rest:

This is a full rest day. This does not include cross training or running. The rest day(s) is one of the most important aspects of a training program. It is needed to build the body back up after it has been fatigued by the current week's training regimen. Also, if the runner feels they need an extra rest day, they should take it. If the body feels overly fatigued to the point that the runner feels they need an extra rest day, they most likely do.

This training schedule is not written in stone and can be modified to meet the specific, individual requirements of the runner. It can also be modified at any point in the training to accommodate any needs that may arise from the runner's perspective. Please let us know if you have any questions, concerns, or if any modifications need to be discussed.