

Training Program - 5K Beginner

Designed for people who have passed a physical but have done little exercise.

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This 12-week program is for Beginners, people who have passed a physical but have done little exercise. If you can complete this program, you should be ready to participate in a 5k!

These 5k programs are **sequential**: if you get through this program and are ready for another challenge, or if this program is too easy for you, then go to the intermediate or advanced program, depending on your level of experience.

The first eight weeks of the program are based on time. The time suggested should be spent exercising, which at this stage means walking and running. All running should be gentle as far as effort goes, which means that it should be fat burning or aerobic conditioning. If you are using a heart rate monitor, every step the first eight weeks should be under 75% of maximum heart rate (if you do not know your max HR, use the formula $220 - \text{age}$ until better information is available). If you are not using a monitor, the exercise should be at an effort in which conversational talking is possible.

The last four weeks of the program are based on distance. At this point in the program you should be able to run pretty much the entire distance without any walking.

| | <u>Mon</u> | <u>Tues</u> | <u>Wed</u> | <u>Thurs</u> | <u>Fri</u> | <u>Sat</u> | <u>Sun</u> |
|--------|------------|-------------|------------|--------------|------------|------------|------------|
| Week 1 | 15 mins | off | 15 mins | off | 15 mins | 20 mins | off |
| Week 2 | 15 mins | off | 15 mins | off | 15 mins | 25 mins | off |
| Week 3 | 20 mins | off | 20 mins | off | 20 mins | 30 mins | off |
| Week 4 | 20 mins | off | 20 mins | off | 20 mins | 30 mins | off |
| Week 5 | 25 mins | off | 20 mins | off | 25 mins | 35 mins | off |
| Week 6 | 25 mins | off | 30 mins | off | 25 mins | 40 mins | off |
| Week 7 | 30 mins | off | 25 mins | off | 30 mins | 45 mins | off |
| Week 8 | 30 mins | off | 30 mins | off | 30 mins | 45 mins | off |

At this point the athlete has gradually built up his/her cardiovascular, skeletal, muscular, and connective tissue systems to withstand the strain of steady running. The goal for this program is to cover the distance in a race situation with no walking. Many athletes will progress faster than this program is set up for, which is fine. BUT, if there is any question, **be conservative**.

Numbers below refer to miles to be run, rather than minutes.

| | | | | | | | |
|---------|---|-----|---|-----|---|---------|-----|
| Week 9 | 3 | off | 3 | off | 3 | 4 | off |
| Week 10 | 3 | off | 4 | off | 3 | 4 | off |
| Week 11 | 4 | off | 4 | off | 4 | 5 | off |
| Week 12 | 4 | off | 4 | off | 1 | 5K Race | off |

Remember to start off **walking**, then gradually introduce running.

Make sure you **get a good pair of shoes** designed for running. Don't try to make do with shoes you bought five years ago and have been wearing for yard work. You will end up injured and your running plans will have to be postponed. **Visit our Shoe Guide** or a local running retailer for information on purchasing the best shoes for you.

Expect to feel a **little soreness** the first week or two. You may not have exercised much, and it will take a little while for you to adjust.

If you feel more than general muscle soreness, **back off!** Don't try to keep running through an injury, or pretty soon you won't be running at all! If you feel pain, rest and use ice. Try to talk to someone with some experience with running injuries, or consult your doctor.

If you have to take a break for injury or family commitments, **don't give up!** If you miss a workout or two, just pick up where you left off. If you have an extended break, you might want to back up a week or two.

The days of the week listed here are just for guidance. **Run on the days that best suit your schedule.** If it's easier for you to run on Sundays than on Mondays, that is fine. Just try to scatter your rest days throughout the week--don't try to do all your running on consecutive days.