

strollometer®

Stroll back into shape.™

5K TRAINING PROGRAM (3.1 miles)

Prerequisites:

Before starting a 5K training:

1. Be able to run 1.5 miles comfortably
2. Be able to run 4 days a week

When training:

1. Warm up with a 5-10 minute stroll
2. Cool down with a 5-10 minute stroll

8 Week Training Schedule – About.com

WEEK	RUN 1	RUN 2	RUN 3	RUN 4
1	1.5 mile run	1.5 mile run	1 mile (fast)	1.5 mile speedplay*
2	1.5 mile run	1 mile run (fast)	2 mile run	2 mile run speedplay*
3	1.5 mile run	1 mile run (fast)	2.5 mile run	2 mile speedplay*
4	1.5 mile run	1.5 mile run	2 mile run	2 mile run
5	3 mile	1.5 mile run (fast)	1.5 mile run	2 mile run speedplay*
6	3.5 mile run	2 mile run	1 mile run (fast)	2 mile run
7	4 mile run	1 mile run (fast)	1.5 mile run	1.5 mile run
8	3 mile run	Rest	1.5 mile run	Race!

* Speedplay – speed training method, in which the intensity and speed vary at unplanned intervals. A 2 mile speedplay would start at running your normal pace and then speeding and slowing down at random times throughout the 2 miles.

10 Week Training Schedule – Mayo Clinic

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Rest or jog/run	1-mile run	1-mile jog/run	1-mile run	Rest	1-mile run	60-minute stroll
2	Rest or jog/run	1.25-mile run	1.25-mile jog/run	1.25-mile run	Rest	1.25-mile run	60-minute stroll
3	Rest or jog/run	1.5-mile run	1.5-mile jog/run	1.5-mile run	Rest	1.5-mile run	60-minute stroll
4	Rest or jog/run	1.5-mile run	Rest or jog/run	1.5-mile run	Rest	1.5-mile run	60-minute stroll
5	Rest or jog/run	1.75-mile run	Rest or jog/run	1.75-mile run	Rest	1.75-mile run	60-minute stroll

6	Rest or jog/run	2-mile run	Rest or jog/run	2-mile run	Rest	2-mile run	60-minute stroll
7	Rest or jog/run	2.25-mile run	Rest or jog/run	2.25-mile run	Rest	2.25-mile run	60-minute stroll
8	Rest or jog/run	2.5-mile run	Rest or jog/run	2.5-mile run	Rest	2.5-mile run	60-minute stroll
9	Rest or jog/run	2.75-mile run	Rest or jog/run	2.75-mile run	Rest	2.75-mile run	60-minute stroll
10	Rest or jog/run	3-mile run	Rest or jog/run	2-mile run	Rest or jog/run	Rest	5K race