



Tower Rock Run - 5K Beginners Training Plan



Training Notes:

This eight week training plan has been designed for individuals who would like to finish their first 5K run. This program will safely and gradually build your endurance, fitness and stamina to complete your first 5K (3.1miles). If you have been wanting to start your journey as a runner or get the family more active, this program is for you.

This program assumes you have no major health concerns and are in good shape / able to do some jogging. Consult your physician if you have any concerns before starting this program.

The following schedule is only a guide; it is advised that you modify it to meet your work and family obligations. If you find this program too difficult in the first few weeks... please consider beginning with my 5K walking program. On the other hand, if you are looking for a more advanced plan or ready to take on a 10K or a half-marathon please reach out. We would be happy to help you reach your goals and can be reached at pranaendurancectraining@gmail.com

The terms used in the training program are explained below:

Rest: Rest days are essential to your development as a runner/jogger. Allow your body to recover.

Run: As a first time runner training for a 5K your goal will be to complete the event. Speed is not important, keeping a conversation pace is what we are looking for. Feel free to take walking breaks as needed in the first few weeks.

Run/Walk: Using a Run/Walk approach is ideal and will allow your body to rest before running for a few minutes. Find a good ratio which works for you, for example Run 2 min/Walk 1 Min... find your rhythm.

Walk: Slow progression and consistency is key in the first few weeks. Utilize walking and as you get stronger your walks will turn into runs.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Walk 30 min	1 mile run	Walk 30 min	1.5 mile run	Rest	1.5 mile run	Walk 30 min
2	Walk 30 min	1.5 mile run	Walk 30 min	1.5 mile run	Rest	1.75 mile run	Walk 30 min
3	Walk 30 min	2 mile run	Walk 30 min	1.5 mile run	Rest	2 mile run	Walk 30 min
4	Walk 30 min	2.25 mile run	Walk 30 min	1.5 mile run	Rest	2.25 mile run	Walk 30 min
5	Run/Walk 30 min	2.5 mile run	Run/Walk 30 min	2 mile run	Rest	2.5 mile run	Run/Walk 30 min
6	Run/Walk 30 min	2.75 mile run	Run/Walk 30 min	2 mile run	Rest	2.75 mile run	Run/Walk 30 min
7	Run/Walk 30 min	3 mile run	Run/Walk 30 min	2 mile run	Rest	3 mile run	Run/Walk 30 min
8	Run/Walk 30 min	3 mile run	Run/Walk 30 min	2 mile run	Rest	Race	Rest

For more information on training and personalized coaching please visit our website:

www.pranaendurancectraining.com