

Train Your Way: 5K



A training program developed by *Strive for Wellness* to get you ready to run a 5K (3.1 mile) race.

1 Choose your race

The 5K is one of the most popular races in America. You can find a 5K for a cause, in celebration of an event or holiday or a themed event. No matter what race you choose, it is important to sign up as soon as possible. Committing to the race will make you more likely to complete a training program, especially if you have paid a fee.

2 Plan your time to train!

Utilize the training program plan below to schedule time for runs and cross-training. You can complete your workouts any day of the week. If you need to move a run to a different day of the week, go ahead! As long as you complete each workout and rest, you should see a significant improvement in your endurance and physical fitness level.

3 Go for it!

Train and enjoy yourself. Use Race Day as a celebration of how far you've come!



Training Program Key:

- **Rest Days (REST)** - Rest is an important part of the process. A rest day allows your muscles to heal and gives you both a mental and physical break. This schedule uses Monday as a rest day because Sunday runs are usually the longest of the week.
- **Cross-train** - Cross-training days are used to give you a break from running while allowing you to engage in another form of physical activity. You may use your cross-training days to lift weights, attend a workout class, ride your bike or go for a swim. During cross-training your heart should be pumping and your body moving. Don't use cross-training days to push your body too hard – you will need strength for your runs.
- **Pace** - Pace is how fast you should be going. Use pace to push yourself. If you put in effort early, you will see greater results as you increase mileage.
 - **Run Easy (RE)** - Easy runs should be at a pace that feels fairly comfortable. You should be breathing hard but still able to carry on a conversation.
 - **Race Pace (RP)** - Race-pace runs should be more difficult. Race pace should be how fast you intend to run the day of your race. This means you are trying your hardest without risking injury.
- **Approaching Race Day** - As you approach Race Day, you will taper your runs, or cut back on the number of miles you run. This will give your legs time to rest so you have optimal energy and endurance on Race Day.
- **Race Day** - Warm up with a half-mile jog and stretch before you hit the starting line. Be sure you are well hydrated at least 24 hours before your run.

Missouri Consolidated Health Care Plan and Strive for Wellness recommend a physician's approval before beginning an exercise or training program. Talk with your doctor about your health before engaging in an increased level of physical activity.

Train Your Way: 5K



Beginner

You are a beginner if this is your first 5K and you have never run a mile continuously.

You will need a substantial amount of time to build endurance and increase your mileage.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	REST	Walk 3 miles	Walk 2.5 miles, Run 0.5 mile RE	Cross-train	Walk 2.5 miles, Run 0.5 mile RE	Run 0.75 mile RE, Walk 2 miles	Run 0.5 mile RP, Walk 2 miles, Run 0.5 mile RE
Week 2	REST	Run 1 mile RE, Walk 2 miles	Run 1 mile RE, Walk 2 miles	Cross-train	Run 1.25 miles RE, Walk 2 miles	Run 1.25 miles RE, Walk 2 miles	Run 1 mile RP, Walk 1 mile
Week 3	REST	Run 1.5 miles RE	Run 1.5 miles RE	Cross-train	Run 1.5 miles RP	Cross-train	Run 1.75 miles RE
Week 4	REST	Run 1.75 miles RE	Run 1.75 miles RE	Cross-train	Run 2 miles RE	Run 1.5 miles RE	Run 1.75 miles RP
Week 5	REST	Run 2 miles RE	Run 2 miles RE	Cross-train	Run 2 miles RE, Walk 1 mile	Run 2 miles RE, Walk 1 mile	Run 2.25 miles RE
Week 6	REST	Run 2.25 miles RE	Cross-train	Run 2.25 miles RE	Run 2.5 miles RE	Run 2.5 miles RE	Run 2.7 miles RE
Week 7	REST	Run 3 miles	Cross-train/REST	Run 2.5 miles RE	Run 2 miles RE	Run 2.5 miles RP	Run 3.5 miles RE
Week 8	REST	Run 3 miles RE	Run 1.5 miles RE	Cross-train	Run 1.5 miles RE	Run 1 mile RE	RACE DAY!

Missouri Consolidated Health Care Plan and Strive for Wellness recommend a physician's approval before beginning an exercise or training program. Talk with your doctor about your health before engaging in an increased level of physical activity.

For additional nutrition information, visit:
www.mchcp.org/statemembers/striveforwellness

Train Your Way: 5K



Intermediate/Advanced

You are intermediate or advanced if you have run a 5K or have run up to 2 miles at one time.

You will need less time to work on increasing mileage and have more time to improve your race time.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	REST	Run 1 mile RE, Walk 2 miles	Run 1.5 miles RE, Walk 2 miles	Cross-train	Run 1.5 RP miles	Run 1 mile RE	Run 1.75 miles RE
Week 2	REST	Run 2 miles RE	Run 1.5 miles RP	Cross-train	Run 2.25 miles RE	Run 1 mile RE	Run 2.5 miles RE
Week 3	REST	Run 2.5 miles RP	Run 2.75 miles RE	Cross-train	Run 2 miles RP	Run 2 miles RE	Run 3 miles RE
Week 4	REST	Run 3 miles RE	Run 2 miles RE	Cross-train	Run 3 miles RP	Run 3 miles RE	Run 3.25 miles RP
Week 5	REST	Run 3.25 miles RE	Run 1.5 miles RE	Cross-train	Run 1.5 miles RE	Run 1 mile RE	RACE DAY!

Missouri Consolidated Health Care Plan and Strive for Wellness recommend a physician's approval before beginning an exercise or training program. Talk with your doctor about your health before engaging in an increased level of physical activity.

For additional nutrition information, visit:
www.mchcp.org/statemembers/striveforwellness