

Osceola Elementary Inaugural Turtle Trot

5-K 8 Week Beginners Training Schedule
February 27th, 2010

For this Training schedule you must be able to run 1 mile comfortably and can run 4 days per week.

Mondays and Fridays: Mondays and Fridays are rest days. Rest is critical to your recovery and injury prevention efforts so don't ignore rest days. Your muscles actually build and repair themselves during your rest days. So if you run every day without taking days off, you won't see much improvement.

Tuesdays, Thursdays, and Saturdays: After you warm up, run at a comfortable pace for the designated mileage. Make sure you cool down and stretch after your run.

Each week, you'll increase your runs by a quarter mile, which is a lap on most outdoor tracks. If most of your runs are on the road and you're not sure how far you run, you can figure out the mileage by using sites such as Mapmyrun.com. Or, you can always drive your route in your car and measure the mileage using your car odometer.

Wednesdays: Do a cross-training (CT) activity (biking, swimming, elliptical trainer) at easy to moderate effort for 30 to 40 minutes. If you're feeling very sluggish or sore, take a rest day.

Sundays: This is an active recovery day. Your run should be at an easy (EZ), comfortable pace, which helps loosen up your muscles. Or, you can do a run/walk.



Note: *You can switch days to accommodate your schedule. So if you're busy on another day and prefer to work out on a Monday or Friday, it's fine to swap a rest day for a run day.*

Sample of your 5K Training Schedule for Beginners

Week	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
1	Rest	1.5 mi run	CT or Rest	1.5 mi run	Rest	1.5 mi run	20-30 min EZ
2	Rest	1.75 mi run	CT or Rest	1.5 mi run	Rest	1.75 mi run	20-30 min EZ
3	Rest	2 mi run	CT or Rest	1.5 mi run	Rest	2 mi run	20-30 min EZ
4	Rest	2.25 mi run	CT or Rest	1.5 mi run	Rest	2.25 mi run	25-35 min EZ
5	Rest	2.5 mi run	CT or Rest	2 mi run	Rest	2.5 mi run	25-35 min EZ
6	Rest	2.75 mi run	CT	2 mi run	Rest	2.75 mi run	35-40 min EZ
7	Rest	3 mi run	CT	2 mi run	Rest	3 mi run	40 min EZ
8	Rest	3 mi run	CT or Rest	2 mi run	Rest	RACE DAY!	REST Your AWESOME!

