



Start-up 5k training plan- 12-week plan

Starting date- March 2nd

Couple of things to remember as you begin your training program...

- Mix up the places that you run, it will keep you interested and motivated! Running the same route all of the time gets boring and your body will start to acclimate to the same workout every time- we want to mix up your challenges.
- Try to run at roughly the same time each day if possible—running is habit forming!
- Feel free to mix up the days so that it works around your schedule, but try not to have 2 rest days back to back.
- We will check in weekly to see how you are doing.
- Smile—it gets better!

Week 1

Monday- 30 minute walk
Tuesday- Rest
Wednesday- Walk 4 min, jog 1 min (x4)
Thursday- Rest
Friday- walk 4 min, jog 1 min (x4)
Saturday- Rest
Sunday- Jog 3-5 min, walk 3 min (x6)

Week 2

Monday-30 minute quick walk
Tuesday- Rest
Wednesday- Walk 4 min, jog 1 min (x5)
Thursday- Rest
Friday- Walk 4 min, jog 1 min (5x)
Saturday- Rest or 30 min quick walk, 15 pushups (regular or modified), hold plank for 30-60 sec
Sunday- jog 5-6 min, walk 3 min (5x), 10 lunge jumps (alternate legs)

Week 3

Monday- 40 min quick walk
Tuesday- Rest
Wednesday- Walk 4 min, jog 2-3 min (x3)
Thursday- Rest
Friday- walk 3 min, jog 2-3 min (x3), hold plank for 30-60 count

Saturday- Rest or 30 min quick walk, 15 pushups, hold plank for 30-60 sec
Sunday- jog 5-8 min, walk for 3 min (x5), 10 lunge jumps

Week 4

Monday- 40 min quick walk
Tuesday- rest
Wednesday- Walk 4 min, jog 2-3 min (x3)
Thursday- Rest
Friday- Walk 3 min, jog 2-3 min (x3)
Saturday- Rest or 30 min quick walk, 15 pushups, hold plank for 30-60 sec
Sunday- Jog 5-8 min, walk 3 min (5x), 10 lunge jumps

Week 5

Monday- 45 min quick walk
Tuesday- Rest
Wednesday- Walk 3 min, Jog 2-3 min (x5)
Thursday- Rest
Friday- Walk 2 min, jog 3-4 min (x4)
Saturday- Rest or 40 min quick walk
Sunday- Jog 10-12 min, walk 3 min (x3)

Week 6

Monday- 45 min quick walk
Tuesday- Rest
Wednesday- Walk 3 min, Jog 3-4 min (x4)
Thursday- Rest
Friday- Walk 2 min, jog 5-7 min (x4)
Saturday- Rest or 40 min quick walk, 20 pushups, hold plank for 60-70 ct
Sunday- Jog 12-15 min, walk 3 min (x2), 15 lunge jumps

Week 7

Monday- 45 min quick walk
Tuesday- Rest
Wednesday- Walk 3 min, Jog 4-5 min (x5)
Thursday- Rest
Friday- Walk 2 min, jog 6-8 min (x4)
Saturday- Rest or 45 min quick walk, 20 pushups, hold plank for 60-70 ct
Sunday- Jog 15 min, walk 3 min (x3), 15 lunge jumps

Week 8

Monday- 45 min quick walk
Tuesday- Rest
Wednesday- Walk 3 min, Jog 4-5 min (x5)
Thursday- Rest
Friday- Walk 2 min, jog 8-10 min (x3)
Saturday- Rest or 45 min quick walk, 20 pushups, hold plank for 60-70 ct
Sunday- Jog 20-25 min, 15 lunge jumps

Week 9

Monday- 45 min quick walk

Tuesday- Rest

Wednesday- Walk 2 min, Jog 5 min (x5)

Thursday- Rest

Friday- Walk 2 min, jog 10-13 min (x4)

Saturday- Rest or 45 min quick walk, 20 pushups, hold plank for 60-70 ct

Sunday- Jog 20-30 min, 15 lunge jumps

Week 10

Monday- 45 min quick walk

Tuesday- Rest

Wednesday- Walk 2 min, Jog 5 min (x5)

Thursday- Rest

Friday- Walk 2 min, jog 10-12 min (x3)

Saturday- Rest or 45 min quick walk

Sunday- Jog 30-35 min

Week 11

Monday- 45 min quick walk

Tuesday- Rest

Wednesday- Walk 2 min, Jog 5 min (x5)

Thursday- Rest

Friday- Walk 2 min, jog 3-4 min (x5)

Saturday- Rest or 45 min quick walk, 25 pushups, hold plank for 80 ct

Sunday- Jog 30-35 min, 20 lunge jumps

Week 12

Monday- 30 min quick walk

Tuesday- Rest

Wednesday- Walk 2 min, Jog 5 min (x3)

Thursday- Rest

Friday- Walk 2 min, jog 3-4 min (x3)

Saturday- Rest or 30 min quick walk

Sunday- VCM Relay!!



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