

# 5 WEEKS TO YOUR FIRST 5-K

It's training time. Runners who need to build up to the 5-K distance should follow the Beginner Plan. Experienced runners who've never raced a 5-K can try the Intermediate Plan. If your 5-K is on a Wednesday - like many South African time trials - do the last two workouts of each plan on Monday and Tuesday of week 5.

## BEGINNER PLAN BY JEFF GALLOWAY

WEEK	M	T	W	T	F	S	S
1	Walk/XT 20 min or off	Run 10 min	Walk/XT 20 min or off	Run 15 min	Walk/XT 20 min or off	Rest	Run 3-K
2	Walk/XT 20 min or off	Run 15 min	Walk/XT 20 min or off	Run 20 min	Walk/XT 20 min or off	Rest	Run 4-K
3	Walk/XT 30 min or off	Run 20 min	Walk/XT 30 min or off	Run 25 min	Walk/XT 30 min or off	Rest	Run 5-K (on racecourse, if possible)
4	Walk/XT 30 min or off	Run 25 min	Walk/XT 30 min or off	Run 30 min	Walk/XT 30 min or off	Rest	Run 6-K
5	Walk/XT 30 min or off	Run 30 min	Walk/XT 30 min or off	Run 30 min	Walk/XT 30 min or off	Rest	5-K Race

**BEGINNER PLAN KEY** **Walk/XT days:** You can walk or cross-train (swim, bike, use an elliptical trainer, etc.) at a moderate intensity for the stated amount of time, or you can take the day off. **Weekday runs:** All weekday runs should be at a steady, comfortable pace. **Weekend long run:** This run is measured in kilometres, rather than minutes, to ensure that you're steadily increasing the distance you cover each week. Long-run pace should be 1 or 2 minutes per kilometre slower than the pace you can run one very hard kilometre. Feel free to take liberal walk breaks.

## INTERMEDIATE PLAN BY CHRIS CARMICHAEL

WEEK	M	T	W	T	F	S	S
1	5-K plus 5 x strides	Rest	6-K plus 5 x strides	Rest	6-K plus 5 x strides	3 to 5-K; 15-min core workout	Rest
2	5-K plus 5 x strides	Rest	6-K with 2 x 5 min at SS intensity; 15-min core workout	Rest	5-K plus 5 x strides	8 to 10-K; 15-min core workout	Rest
3	5-K plus 6 x strides	Rest	6-K miles with 3 x 5 min at SS intensity; 15-min core workout	Rest	5-K plus 6 x strides	10-K with the last 15 min at SS intensity; 15-min core workout	Rest
4	5-K plus 6 x strides	Rest	6-K with 2 x 10 min at SS intensity; 15-min core workout	Rest	5-K plus 5 x strides	10-K with the last 15 min at SS intensity; 15-min core workout	Rest
5	5-K plus 4 x strides	Rest	5-K; 15-min core workout	Rest	3-K	3-K plus 3 x strides	5-K Race

**INTERMEDIATE PLAN KEY** **Weekly mileage:** Except where noted, all weekly mileage should be run at a perceived effort of 6 out of 10, with 10 being your maximum effort. **Strides:** After completing the designated mileage for the day, find a flat, preferably grassy area to perform the strides: Run hard for 20 seconds and recover with easy jogging or walking for 45 seconds. **Core workout:** Do a series of basic exercises to strengthen core muscles and improve running posture. For a sample core workout routine, go to [runnersworld.com/core](http://runnersworld.com/core). **SS intensity:** Intervals at Steady State Intensity should be run at a perceived effort of 7 or 8 out of 10. Do 5 minutes of easy running between SS intensity intervals.