

10 Week Online Running Program

Completing your first 5K is as easy as

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Step 1: Register now for the New Balance Girls on the Run 5K. Go to www.gotrstarkcty.org and click on the 2010 New Balance Girls on the Run button. It's the best incentive to keep on track!

Step 2: Follow this simple 10 week training program.

Step 3: Keep it fun!

WEEK	SUN	MON	TUE	WED	THR	FRI	SAT
1	30-45 min walk	R	1 mile run	R	1 mile run	R	1 mile run
2	30-45 min walk	E	1 mile run	E	1 mile run	E	1 mile run
3	30-45 min walk	S	1.5 mile run	S	1.5 mile run	S	1.5 mile run
4	40-60 min walk	T	1.5 mile run	T	1.5 mile run	T	1.5 mile run
5	40-60 min walk		2 mile run		2 mile run		2 mile run
6	40-60 min walk	O	2 mile run	O	2 mile run	O	2 mile run
7	50-60 min walk	R	2 mile run	R	2 mile run	R	2.5 mile run
8	50-60 min walk		2.5 mile run		2 mile run		2.5 mile run
9	60 min walk	X	3 mile run	X	2 mile run	X	3 mile run
10	60 min walk	T*	3 mile run	T*	2 mile run	T*	5k race

*** X T: Cross train 30-40 min @ biking, elliptical trainer, swimming**

Aren't sure you can run 5 kilometers by June 5th? Here is a 10 week training program to get you started. Make sure to wear a good comfortable pair of running shoes. Drink plenty of fluids before during and after each workout. Begin and end each workout gradually, increasing the pace during the middle of each workout.

The purpose of this training program is to prepare you to run a 5 kilometer race by June 5th. Keep in mind that, although this is technically a "running" program, feel free to implement walking breaks to achieve the daily mileage. For example, many runners start by walking for one to two minutes, followed by one to two minutes or less of slow running. As the program progresses, listen to your body. Many will find their running segments increasing and walking segments decreasing. Every body is different. Progress at your own pace and make it FUN!

We'll see you at the finish line on June 5th!

WARNING: Not all exercises are suitable for everyone, and this or any other exercise program may result in injury. To reduce risk of injury, consult your physician before beginning this exercise program. The creators of this program disclaim any liabilities or loss in connection with the exercise and advice herein.