

10-Week Running Schedule

Step 1: Register now for the New Balance Girls on the Run 5K. Go to www.rsracingsystems.com. It's the best incentive to stay on track!

Step 2: Follow this simple 10 training schedule

Step 3: Keep it fun!

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	10-15 min Run/walk	R	10-15 min Run/walk	10-15 min Run/walk	R	30-45 min Run/walk	R
2	10-15 min Run/walk	E	10-15 min Run/walk	10-15 min Run/walk	E	30-45 min Run/walk	E
3	15-20 min Run/walk	S	15-20 min Run/walk	15-20 min Run/walk	S	30-45 min Run/walk	S
4	15-20 min Run/walk	T	15-20 min Run/walk	15-20 min Run/walk	T	40-60 min Run/walk	T
5	20-25 min Run/walk		20-25 min Run/walk	20-25 min Run/walk		40-60 min Run/walk	
6	20-25 min Run/walk	OR	20-25 min Run/walk	20-25 min Run/walk	OR	40-60 min Run/walk	OR
7	20-25 min Run/walk		20-25 min Run/walk	25-30 min Run/walk		50-60 min Run/walk	
8	25-30 min Run/walk	X	20-25 min Run/walk	25-30 min Run/walk	X	50-60 min Run/walk	X
9	30-35 min Run/walk	T*	25-30 min Run/walk	30-35 min Run/walk	T*	60 min Run/walk	T*
10	30-35 min Run/walk		25-30 min Run/walk	30-35 min Run/walk		5K	

***XT: Cross Train 30-40 minutes @ biking, elliptical trainer, swimming, or light weights**

Aren't sure you can run 5 kilometers (3.1 miles) by June 4th? Here is a 10 week training program to get you started. Make sure to wear a comfortable pair of running/walking shoes. Drink plenty of fluids before, during and after each workout. Be sure to do gentle stretching exercises before and after walking. 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 4th. 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 4th.

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.