

In Stride Running

“From Nothin’ to Somethin’ 5K Training Plan”

****Use at your own risk****

MONTH 1:

Week 1: (Do as much of this week on grass or soft surface)

Day 1: Walk for 5 minutes, jog for 1 minute, walk for 5 minutes, jog for 1 minute

Day 2: Walk for 5 minutes, jog for 1 minute, walk for 5 minutes, jog for 1 minute
(Plus 10 push-ups and 10 sit-ups)

Day 3: Walk for 5 minutes, jog for 1 minute, walk for 5 minutes, jog for 1 minute

Day 4: Walk for 5 minutes, jog for 2 minutes, Walk for 3 minutes, jog for 2 minutes
(Plus 10 push-ups and 10 sit-ups)

Day 5: Walk for 5 minutes, jog for 2 minutes, Walk for 3 minutes, jog for 2 minutes

Week 2: (Do as much of this week on grass or soft surface)

Day 1: Walk for 4 minutes, jog for 2 minutes, Walk for 4 minutes, jog for 2 minutes, Walk for 4 minutes
(Plus 15 push-ups, 15 sit-ups, and 10 lunges on both legs)

Day 2: Walk for 4 minutes, jog for 2 minutes, Walk for 4 minutes, jog for 2 minutes, Walk for 4 minutes

Day 3: Walk for 10 minutes, jog for 3 minutes, Walk for 3 minutes
(Plus 15 push-ups, 15 sit-ups, and 10 lunges on both legs)

Day 4: Walk for 3 minutes, jog for 3 minutes, Walk for 5 minutes, jog for 3 minutes, Walk for 5 minutes

Day 5: Walk for 3 minutes, jog for 3 minutes, Walk for 5 minutes, jog for 3 minutes, Walk for 5 minutes
(Plus 15 push-ups, 15 sit-ups, and 10 lunges on both legs)

Week 3: (Do as much of this week on grass or soft surface)

Day 1: Walk 2 minutes, jog for 4 minutes, Walk for 5 minutes, jog for 4 minutes, Walk for 5 minutes

Day 2: Walk 2 minutes, jog for 4 minutes, Walk for 5 minutes, jog for 4 minutes, Walk for 5 minutes
(Plus 20 push-ups, 20 sit-ups, and 10 lunges on both legs & 15 body squats)

Day 3: Walk for 10 minutes, jog for 4 minutes, Walk for 5 minutes

Day 4: Walk 2 minutes, jog for 4 minutes, Walk for 5 minutes, jog for 4 minutes, Walk for 5 minutes
(Plus 20 push-ups, 20 sit-ups, and 10 lunges on both legs & 15 body squats)

Day 5: Walk for 10 minutes, jog for 4 minutes, Walk for 5 minutes

Week 4: (Split these workouts between soft surface and road/pavement)

Day 1: Walk 2 minutes, jog for 5 minutes, walk for 3 minutes, jog for 5 minutes, walk for 3 minutes
(Plus 25 push-ups, 25 sit-ups, and 15 lunges on both legs & 20 body squats)

Day 2: Walk for 20 minutes, jog for 5 minutes, Walk for 5 minutes

Day 3: Walk for 2 minutes, jog for 5 minutes, walk for 2 minutes, jog for 5 minutes
(Plus 25 push-ups, 25 sit-ups, and 15 lunges on both legs & 20 body squats)

Day 4: Walk for 2 minutes jog, for 6 minutes, walk for 5 minutes, jog for 4 minutes, walk for 3 minutes

Day 5: Walk for 2 minutes, jog for 6 minutes, walk for 5 minutes, jog for 4 minutes, walk for 3 minutes

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MONTH 2:

Week 1: (Split these workouts between soft surface and road/pavement)

- Day 1: Walk for 30 minutes, jog for 6 minutes, walk for 4 minutes
Day 2: Walk for 2 minutes, jog for 7 minutes, walk for 3 minutes, jog for 5 minutes, walk for 5 minutes
(Plus 25 push-ups, 25 sit-ups, and 15 lunges on both legs & 20 body squats)
Day 3: Walk for 2 minutes, jog for 7 minutes, walk for 3 minutes, jog for 5 minutes, walk for 5 minutes
Day 4: Walk for 2 minutes, jog for 7 minutes, walk for 3 minutes, jog for 5 minutes, walk for 5 minutes
(Plus 30 push-ups, 30 sit-ups, and 20 lunges on both legs & 25 body squats)
Day 5: Walk for 5 minutes, jog for 8 minutes, walk for 3 minutes, jog for 4 minutes, walk for 5 minutes

Week 2: (Split these workouts between soft surface and road/pavement)

- Day 1: Walk for 5 minutes, jog for 8 minutes, walk for 3 minutes, jog for 4 minutes, walk for 5 minutes
(Plus 30 push-ups, 30 sit-ups, and 20 lunges on both legs & 25 body squats)
Day 2: Walk for 3 minutes, jog for 8 minutes, walk for 3 minutes, jog for 5 minutes, walk for 5 minutes
Day 3: Walk for 30 minutes
(Plus 30 push-ups, 30 sit-ups, and 20 lunges on both legs & 25 body squats)
Day 4: Walk for 3 minutes, jog for 9 minutes, Walk for 5 minutes, jog for 4 minutes, Walk for 5 minutes
Day 5: Walk for 3 minutes, jog for 9 minutes, Walk for 5 minutes, jog for 4 minutes, Walk for 5 minutes

Week 3: (Split these workouts between soft surface and road/pavement)

- Day 1: Walk 2 minutes, jog for 9 minutes, Walk for 3 minutes, jog for 5 minutes, Walk for 5 minutes
(Plus 30 push-ups, 30 sit-ups, and 20 lunges on both legs & 25 body squats)
Day 2: Walk for 15 minutes, jog for 10 minutes, walk for 5 minutes
Day 3: Walk for 3 minutes, jog for 10 minutes, Walk for 3 minutes, jog for 3 minutes, walk for 3 minutes
(Plus 35 push-ups, 35 sit-ups, and 25 lunges on both legs & 30 body squats)
Day 4: Walk for 3 minutes, jog for 10 minutes, Walk for 3 minutes, jog for 3 minutes, walk for 3 minutes
Day 5: Walk for 30 minutes, jog for 10 minutes, walk for 5 minutes

Week 4: (Split these workouts between soft surface and road/pavement)

- Day 1: Walk 2 minutes, jog for 12 minutes, walk for 3 minutes, jog for 3 minutes, walk for 3 minutes
(Plus 35 push-ups, 35 sit-ups, and 25 lunges on both legs & 30 body squats)
Day 2: Walk 2 minutes, jog for 12 minutes, walk for 3 minutes, jog for 3 minutes, walk for 3 minutes
Day 3: Walk 2 minutes, jog for 12 minutes, walk for 3 minutes, jog for 3 minutes, walk for 3 minutes
(Plus 35 push-ups, 35 sit-ups, and 25 lunges on both legs & 30 body squats)
Day 4: Rest
Day 5: Walk for 10 minutes, jog for 15 minutes, walk for 10 minutes

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MONTH 3:

Week 1: (Feel free to run all these workouts on road or surface type of your 5K)

- Day 1: Walk for 2 minutes, jog for 12 minutes, walk for 3 minutes, jog for 4 minutes, walk for 5 minutes
Day 2: Walk for 2 minutes, jog for 12 minutes, walk for 3 minutes, jog for 4 minutes, walk for 5 minutes
(Plus 35 push-ups, 35 sit-ups, and 25 lunges on both legs & 30 body squats)
Day 3: Walk for 15 minutes, jog for 15 minutes, walk for 10 minutes
Day 4: Rest
Day 5: Walk for 10 minutes, jog for 15 minutes, walk for 5 minutes, jog for 3 minutes, walk for 3 minutes
(Plus 35 push-ups, 35 sit-ups, and 25 lunges on both legs & 30 body squats)

Week 2: (Feel free to run all these workouts on road or surface type of your 5K)

- Day 1: Walk for 15 minutes, jog for 15 minutes, walk for 10 minutes
(Plus 35 push-ups, 35 sit-ups, and 25 lunges on both legs & 30 body squats)
Day 2: Walk for 2 minutes, jog for 10 minutes, walk for 5 minutes, jog for 10 minutes, walk for 5 minutes
Day 3: Rest
Day 4: Walk for 2 minutes, jog for 10 minutes, walk for 5 minutes, jog for 10 minutes, walk for 5 minutes
Day 5: Walk for 2 minutes, jog for 15 minutes, walk for 3 minutes, jog for 5 minutes, walk for 5 minutes
(Plus 35 push-ups, 35 sit-ups, and 25 lunges on both legs & 30 body squats)

Week 3: (Feel free to run all these workouts on road or surface type of your 5K)

- Day 1: Walk for 2 minutes, jog for 15 minutes, walk for 3 minutes, jog for 6 minutes, walk for 5 minutes
(Plus 35 push-ups, 35 sit-ups, and 25 lunges on both legs & 30 body squats)
Day 2: Walk for 5 minute, jog for 20 minutes, walk for 5 minutes
Day 3: Walk for 3 minutes, jog for 10 minutes, Walk for 3 minutes, jog for 10 minutes, walk for 3 minutes
(Plus 35 push-ups, 35 sit-ups, and 25 lunges on both legs & 30 body squats)
Day 4: Rest
Day 5: Walk for 5 minutes, jog for 20 minutes, walk for 5 minutes, jog for 8 minutes, walk for 5 minutes

Week 4: (*RACE WEEK*)

- Day 1: Walk 2 minutes, jog for 12 minutes, walk for 3 minutes, jog for 5 minutes, walk for 3 minutes
(Plus 35 push-ups, 35 sit-ups, and 25 lunges on both legs & 30 body squats)
Day 2: Walk 2 minutes, jog for 10 minutes, walk for 3 minutes, jog for 3 minutes, walk for 3 minutes
Day 3: Walk 2 minutes, jog for 8 minutes, walk for 3 minutes, jog for 2 minutes, walk for 3 minutes
Day 4: Rest
Day 5: **5K RACE**