

5K Training Schedules

Beginning Walker Training Schedule

This training schedule is designed to help you learn to enjoy exercise and improve your quality of life. Almost anyone can become an active walker without aches and pains. All you need is a desire to feel better and the willingness to spend half an hour four times a week gently moving your feet and legs. As you embrace the process of improvement, you will enjoy the glow of self confidence and accomplishment. You are becoming a physical athlete.

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
20-Jul	10-15 min	off	15-18 min	off	15-18 min	off	20 min
27-Jul	10-15 min	off	20 min	off	20 min	off	20 min
3-Aug	10-15 min	off	20 min	off	20 min	off	30 min
10-Aug	10-15 min	off	20 min	off	20 min	off	30 min
17-Aug	10-15 min	off	22 min	off	24 min	off	35 min
24-Aug	10-15 min	off	22 min	off	24 min	off	40 min
31-Aug	10-15 min	off	22 min	off	24 min	off	20 min
7-Sep	10-15 min	off	10 min	KP Run/Walk	15 min	off	30 min

When we exercise every other day, our body becomes adapted to the speed and distance. To improve endurance, we start by going for a walk that is slightly longer than we have been doing. Every other day is a walking rest day. This gives the muscles a chance to rejuvenate. Some beginners feel so good when they start a walking program they try to "sneak in" a few miles on the days they should be resting. The problem is that these extra short walks don't improve your conditioning and don't give your muscles the rest need. With gentle increases, your body should rebound stronger than before, ready for a new challenge!

Experienced Walker Training Schedule

If you exercise by walking every day, and can comfortably walk 25-30 minutes, it's time to pick up your program. Every week challenge yourself with a slight increase in the amount of walking.

Every other day take a 10 minute walk to keep the legs and muscles moving. If the amount in the schedule is too much for you right now, then reduce it to a comfortable level. When you reach a level of exercise that feels "right" for you, maintain that level for as long as you wish before moving on.

You are the captain of your ship – make changes that work for you and your schedule.

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
20-Jul	15-20 min	off	25-30 min	off	20-30 min	off	30 min
27-Jul	15-20 min	off	25-30 min	off	20-30 min	off	35 min
3-Aug	15-20 min	off	25-30 min	off	20-30 min	off	35 min
10-Aug	15-20 min	off	25-30 min	off	20-30 min	off	40 min
17-Aug	15-20 min	off	25-30 min	off	20-30 min	off	40 min
24-Aug	15-20 min	off	25-30 min	off	20-30 min	off	45 min
31-Aug	15-20 min	off	25-30 min	off	20-30 min	off	20 min
7-Sep	15-20 min	off	10 min	KP Run/Walk	off	off	30 min

For additional training questions or information go to www.jeffgalloway.com.

Beginning Runner Training Schedule

You can be a Runner!

All you need to start the process is desire. Not just the desire to run, but the desire to become part of a positive process of improvement, bringing together mind, body and spirit. One of the big surprises about running is that it is pleasurable. If you take control of your schedule, slow down the pace, take walk breaks before you need them, and stay on the conservative side, you can avoid the negatives. It may take a few weeks to get it right, but once this happens, you'll find a treasure trove of rewards for almost every run.

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
20-Jul	10-18 min run/ walk	off	17-19 min run/ walk	13-18 walk	off	1.5 miles run/ walk	15 min walk
27-Jul	20-22 min run/ walk	off	22-24 min run/ walk	13-18 min walk	off	2.0 miles run/ walk	30 min walk
3-Aug	20-22 min run/ walk	off	20 min run/walk	26-30 walk	off	2.5 miles run/ walk	30 min walk
10-Aug	24-26 min run/ walk	off	24-26 min run/ walk	25 min walk	off	3.0 miles run/ walk	30 min walk
17-Aug	26-28 min run/ walk	off	26-28 min run/ walk	30 min walk	off	3.9 miles run/ walk	30 min walk
24-Aug	25 min run/walk	off	23 min run/walk	30 min walk	off	3.5 miles run/ walk	30 min walk
31-Aug	30 min run/walk	off	30 min run/walk	25 min walk	off	3.5 miles run/ walk	30 min walk
7-Sep	30 min run/walk	off	33 min run/walk	KP Run/Walk	off	1-2 miles run/ walk	30 min walk

As soon as you take responsibility for running three days a week, and making it fun, you will be a successful runner! For additional training questions or information go to www.jeffgalloway.com.

Experienced Runner Training Schedule

As a veteran runner, you have a solid running base. This schedule is designed to help you train for the Kaiser Permanente 5K Corporate Run/Walk using walk breaks and remain injury free during the training period. Running and walking allows you to feel good after a hard run so you can carry on the rest of your day without fatigue.

Most of us, even when untrained can walk for several miles before fatigue sets in, because walking is an activity that we are bio-engineered to do for hours. Running is more work because you have to lift your body off the ground and then absorb the shock of landing over and over. That is why the continuous use of the running muscles will produce fatigue, aches, and pains much more quickly. If you walk before your running muscles start to get tired, you allow the muscle to recover instantly.

The run/walk method is very simple: You run for a short segment and then take a walk break, and keep repeating the pattern. If this is your first experience with walk breaks, try running two to three minutes, followed by a walk break of one minute.

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
20-Jul	20 min run/walk	15 min walk	20 min run/walk	15 min walk	off	2.5 miles run/walk	15 min walk
27-Jul	22 min run/walk	23-28 min walk	22 min run/walk	23-28 min walk	off	3.0 miles run/walk	30 min walk
3-Aug	25 min run/walk	20-22 min walk	25 min run/walk	20-22 min walk	off	3.5 miles run/walk	30 min walk
10-Aug	27 min run/walk	30 min walk	27 min run/walk	30 min walk	off	4.0 miles run/walk	30 min walk
17-Aug	30 min run/walk	30 min walk	30 min run/walk	30 min walk	off	4.5 miles run/walk	30 min walk
24-Aug	33 min run/walk	25 min walk	33 min run/walk	25 min walk	off	5 miles run/walk	30 min walk
31-Aug	35 min run/walk	30 min walk	35 min run/walk	30 min walk	off	35 min run/walk	30 min walk
7-Sep	35 min run/walk	30 min walk	35 min run/walk	KP Run/Walk	off	2-3 miles run/walk	30 min walk

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