



# **2012 Army Johnson Classic Run**

## **5K Training Plan - Beginner**

Having a race goal keeps you motivated and gives your workouts purpose. Once you sign up, it's amazing how that enthusiasm comes out!

The following training plan will prepare beginners to finish a 5K comfortably. Be sure to begin each workout with a brisk five-minute warm-up walk.

**\*\* Perform the workouts THREE times a week,  
with at least a day between workouts.**

**Week 1 (Jan. 29):** Walk 20 to 30 minutes.

**Week 2 (Feb. 5):** Alternate walking 3 minutes with running 30 to 60 seconds for a total of 20 to 25 minutes.

**Week 3 (Feb. 12) :** Alternate walking 2 minutes with running 1 minute for 24 to 30 minutes total.

**Week 4 (Feb. 19):** Walk 1.5 minutes, run 1.5 minutes; walk 3 minutes, run 3 minutes. Repeat three times for 27 minutes total.

**Week 5 (Feb. 26):** Run 3 minutes, walk 1.5 minutes; run 5 minutes, walk 2.5 minutes; run 3 minutes, walk 1.5 minutes; run 5 minutes, walk 1.5 minutes; run 5 minutes, walk 2 minutes--for 30 minutes total.

**Week 6 (March 4):** Two days this week, alternate running 5 minutes and walking 3 minutes for 30 minutes total. On day three, run 8 minutes and walk 5 minutes twice for 26 minutes total.

**Week 7 (March 11):** On day one, run 5 minutes, walk 3 minutes, run 8 minutes, walk 3 minutes, run 5 minutes--for 24 minutes total. On days two and three, run 10 minutes, walk 3, run 10 for 23 total.

**Week 8 (March 18):** Run 25 minutes.

**Week 9 (March 25):** Run 28 minutes.

**Week 10(April 1):** On day one, run 30 minutes. On day two, run 31. On day three, run the 5K. *Remember to pace yourself and GOOD LUCK!*