

# OhioHealth Capital City

## Beginner 5K Run/Walk Training Schedule

	SUN	MON	TUES	WED	THUR	FRI	SAT
WEEK 1	●	.5	●	.5	.5	●	1
WEEK 2	●	.5	●	.5	.5	●	1
WEEK 3	●	.75	●	.5	.5	●	1.5
WEEK 4	●	.75	●	.75	.75	●	1.5
WEEK 5	●	1	●	.75	.75	●	1.75
WEEK 6	●	1	●	.75	1	●	2
WEEK 7	●	1	●	1	1	●	2.25
WEEK 8	●	1.25	●	1	1	●	2.25
WEEK 9	●	1.25	●	1.25	1	●	2.5
WEEK 10	●	1.5	●	1.25	1	●	2.5
WEEK 11	●	1.5	●	1.5	1	●	2.75
WEEK 12	●	1.75	●	1.5	1	●	3
WEEK 13	●	1.75	●	1	1	●	2
WEEK 14	●	1	●	.5	●	●	3.1

- Day off/rest
- Walk
- 30 sec. run/60 sec. walk (miles)
- 60 sec. run/60 sec. walk (miles)
- 60 sec. run/30 sec. walk (miles)
- 90 sec. run/30 sec. walk (miles)
- Race Day (miles)

All workouts begin with a 5 min walk for warmup and end with a 5 min walk for cool down.

Run segments should be an easy pace (able to talk in short full sentences while running). If not, slow down.

**LEARN MORE**

OhioHealth has a variety of resources to help you train for any race level. Visit [OhioHealth.com/sportsmed-runners](http://OhioHealth.com/sportsmed-runners)

This 14 week plan is designed for someone who is currently able to comfortably walk or walk/run continuously for 20 minutes as of the start week 1. The goal is to train for and finish a 5k using the walk/run approach. Walk/run means you will walk for a specific amount of time and then run for a specific amount of time, repeat. The segments will change over the plan but there will always be some walking.

*Check with your doctor before starting this or any training plan or exercise regimen.*

