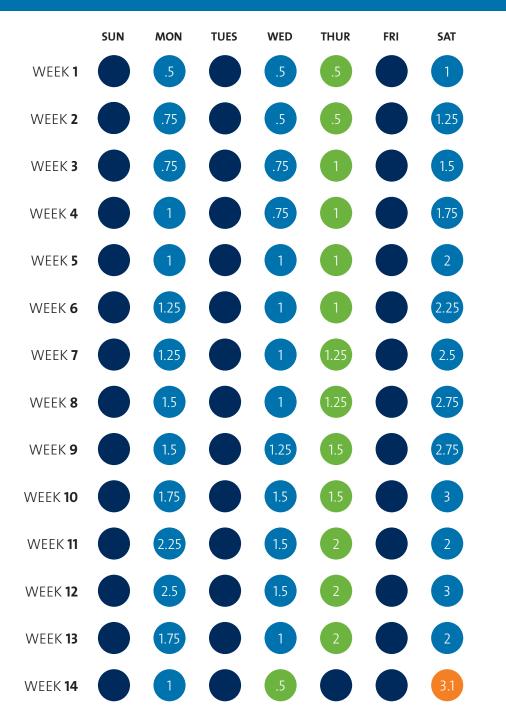
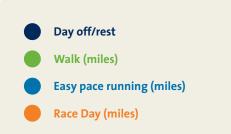
OhioHealth Capital City Intermediate 5K Run Training Schedule



This 14 week plan is designed for someone who is currently able to comfortably run 1 mile continously 2-3 times per week at the start of week 1. The goal is to train for and complete a running 5k. If you are not yet able to comfortably run 1 mile, or prefer to use the run/walk approach check out the Beginner 5K Run/Walk plan.

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



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

