

# ***Walk to Run a 5K Program***

***Road Runners Club of America***  
***<http://www.rrca.org/runners/getting-started/>***

## ***10 week training program***

### ***Week #1***

- Warm-up: walk 5 minutes
- Alternate: run 1 minute, walk 4 minutes for 30 minutes
- Stretches and strength work
- 4 days per week

### ***Week #2***

- Warm-up: walk 5 minutes.
- Alternate: run 2 minutes, walk 3 minutes for 30 minutes
- Stretches and strength work
- 4 days per week

### ***Week #3***

- Warm-up: walk 5 minutes
- Alternate: run 3 minutes, walk 2 minutes for 30 minutes
- Stretches and Strength work
- 4 days per week

### ***Week #4***

- Warm-up: walk 5 minutes
- Alternate: run 4 minutes, walk 1 minute for 30 minutes
- Cool-down: walk 2–5 minutes
- Stretches and strength work
- 4 days per week

### ***Week #5***

- Warm-up: walk 5 minutes
- Alternate: run 5 minutes, walk 1 minute for 30 minutes
- Cool-down: walk 2–5 minutes
- Stretches and strength work
- 4 days per week

### ***Week #6***

- Warm-up: walk 5 minutes
- Alternate: run 6 minutes, walk 2 minutes for 30 minutes
- Cool-down: walk 2–5 minutes
- Stretches and strength work
- 4 days per week

### ***Week #7***

- Warm-up: walk 5 minutes
- Alternate: run 7 minutes, walk 3 minutes for 30 minutes
- Cool-down: walk 2–5 minutes
- Stretches and strength work
- 4 days per week

### ***Week #8***

- Warm-up: walk 5 minutes
- Alternate: run 8 minutes, walk 2 minutes for 30 minutes
- Cool-down: walk 2–5 minutes
- Stretches and strength work

- 4 days per week

#### Week #9

- Warm-up: walk 5 minutes
- Alternate: run 9 minutes, walk 1 minute for 30 minutes
- Cool-down: walk 2–5 minutes
- Stretches and strength work
- 4 days per week

#### Week #10 – Race WEEK

- Warm-up: walk 5 minutes
- Run at talking pace (or 140–160 pulse) for 30 minutes
- Cool-down: walk 2–5 minutes
- Stretches and strength work
- 3 days this week, day 4 is race day!

By the end of week ten you'll be running anywhere from 2 ½ to 3 ½ miles per day, 10 to 21 miles per week

#### **At the end of 10 weeks, you may choose:**

1. continue with the daily workout as you did at week ten
2. gradually increase your distance/time of the daily run (no more than 10% per week)
3. begin to try some strengthening work for upper/lower body
4. try some alternative workouts (speed work, hills, cross training)

Here are some tips that will help you plan your workouts:

- Build mileage and running frequency gradually: 5–10% increase in distance per week.
  - Plan your run/walk intervals so you can build-up to run a 5K without taking walking breaks. It may take a few weeks to train your body to achieve this level of exercise. Do not push yourself too hard, too far or too fast or you will wind up with extra sore muscles and potential injuries.
  - Use the hard/easy system of training: follow hard training days (longer runs) with easier training days (shorter runs or slower pace). Be sure to build in off days for recovery.
  - Don't be a "weekend warrior": don't do all of your running on the weekend with nothing during the week. The mid-week runs help with recovery from the long run.
  - Warm-up and cool down every time: start each run with some easy jogging and finish the same way; better yet, use walking for both.
  - Don't forget to rehydrate and refuel post-run. This will assist in the post-workout recovery.
- Here are a few important things to remember at the end of your run.

#### **Rehydrate**

replenish lost fluids from your run. Weigh before you run and drink enough water to return to same weight pre-run.

#### **Refuel**

consume higher energy foods to restore muscle glycogen within 30 - 60 minutes post run.

#### **Relax**

post run is the time to relax muscles with gentle stretching and massaging.

#### **Refresh**

soak feet and legs in cool water after your run. Ice areas of discomfort.

#### **Reward**

spend some quiet time off of your feet after running, but avoid consuming excess alcohol. A short walk later in the day promotes circulation and recovery. Reward yourself by walking around in comfortable shoes.