

# 10-Week 5K Run

- Step 1: Register now for the Girls on the Run 5K Run/Walk at [GOTRStarkCty.org/GOTR5k.html](http://GOTRStarkCty.org/GOTR5k.html). It's the best incentive to stay on track!
- Step 2: Follow this simple 10-week training schedule
- Step 3: Keep it fun!

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Run 1 minute/ Walk 2 minutes (Repeat 6 times)	R	Run 1 minute/ Walk 2 minutes (Repeat 6 times)	R	Run 1 minute/ Walk 2 minutes (Repeat 6 times)	XT* 30 minutes	R
2	Run 1.5 minutes/ Walk 2 minutes (Repeat 7 times)	E	Run 1.5 minutes/ Walk 2 minutes (Repeat 7 times)	E	Run 1.5 minutes/ Walk 2 minutes (Repeat 7 times)	XT* 30 minutes	E
3	Run 1.5 minutes/ Walk 1.5 minutes (Repeat 7 times)	S	Run 1.5 minutes/ Walk 1.5 minutes (Repeat 7 times)	S	Run 1.5 minutes/ Walk 1.5 minutes (Repeat 7 times)	XT* 30 minutes	S
4	Run 3 minutes/ Walk 1.5 minutes (Repeat 5 times)	T	Run 3 minutes/ Walk 1.5 minutes (Repeat 5 times)	T	Run 3 minutes/ Walk 1.5 minutes (Repeat 5 times)	XT* 30 minutes	T
5	Run 5 minutes/ Walk 1.5 minutes (Repeat 4 times)		Run 5 minutes/ Walk 1.5 minutes (Repeat 4 times)		Run 5 minutes/ Walk 1.5 minutes (Repeat 4 times)	XT* 30 minutes	
6	Run 6 minutes/ Walk 1.5 minutes (Repeat 4 times)	OR	Run 6 minutes/ Walk 1.5 minutes (Repeat 4 times)	OR	Run 6 minutes/ Walk 1.5 minutes (Repeat 4 times)	XT* 30 minutes	OR
7	Run 24 minutes		Run 24 minutes		Run 24 minutes	XT* 30 minutes	
8	Run 26 minutes	XT*	Run 26 minutes	XT*	Run 26 minutes	XT* 30 minutes	XT*
9	Run 28 minutes		Run 28 minutes		Run 28 minutes	XT* 30 minutes	
10	Run 30 minutes		Run 30 minutes		REST	<b>GOTR 5K Run/Walk</b>	

\*XT: Cross Train 30-40 minutes (biking, elliptical trainer, swimming, or light weights)

**Always start each workout with a 5-minute warm-up of brisk walking and end it with a 5-minute cool-down of easy walking.** Be sure to do gentle stretching exercises before and after walking. Wear a comfortable pair of running/walking shoes and Drink plenty of fluids before, during, and after each workout.

*Warning: Not all exercises are suitable for everyone and this or any other exercise program may result in injury. To reduce risk of injury, consult your physician before beginning this exercise program. The creators of this program disclaim any liabilities or loss in connection with the exercise and advice herein.*