

5K BEGINNER RUNNING PLAN

"Courtesy of Tim Scitti RRCA Certified Running Coach" 814-308-2501



WALK, RUN or RIDE during the annual
YOU MATTER 5K. 9/30/2017
 CALL (814) 234-7341 or REGISTER AT SCPRC.COM

Every Run should include a 5 minute walk to warm up and cool down

Week Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week: 01	Rest	Jog 60 sec walk 90 sec for 20 min/day	Rest	Jog 60 sec walk 90 sec for 20 min/day	Rest	Jog 60 sec walk 90 sec for 20 min/day	Rest
Week: 02	Rest	Jog 90 sec walk 90 sec for 20 min/day	Rest	Jog 3 min walk 90 sec for 20 min/day	Rest	Jog 3 min walk 90 sec for 20 min/day	Rest
Week: 03	Rest	Jog 5 min walk 90 sec for 20 min/day	Rest	Jog 90 sec, walk 90 sec, Jog 3 min walk 3 min, & Repeat twice	Rest	Jog 5 min walk 90 sec for 20 min/day	Rest
Week: 04	Rest	Jog 7 min. walk 2 min, jog 3 min, walk 90 sec, jog 7 min	Rest	Jog 7 min. walk 2 min, jog 3 min, walk 90 sec, jog 7 min	Rest	Jog 5 min. walk 3 min, jog 8 min, walk 3 min, jog 5 min, walk 3	Rest
Week: 05	Rest	Jog 5 min. walk 2 min, jog 9 min, walk 3 min, jog 5 min, walk 3	Rest	Jog 10 min. walk 4 min, jog 8 min, walk 3 min, jog 5 min, walk 3	Rest	Jog 12 min. walk 4 min, jog 7 min, walk 3 min, jog 5 min, walk to cool down	Rest
Week: 06	Rest	Jog 15 min. walk 4 min, jog 6 min, walk 2 min	Jog 20 min	Rest	Rest	Jog 23 Min	Rest
Week: 07	Jog 25 min	Rest	Jog 22 min	Rest	jog 5 min, walk 3 min-2 times	Race Day.	Rest



- 1 Wear good running shoes.
Go to a running store and have them evaluate your stride and put you in the right shoes.
- 2 If you miss a day skip it.
Take the days off in between to rest and recover.
- 3 Run with others
It's enjoyable and makes the time go faster and helps you keep accountable.