



5K PREP BEGINNER

Week	Warm up	Workout		
Week 1				
Monday Wednesday and Friday	5 minutes of brisk walking	1 min of running with 1 min of walking for a total of 20 min		
Week 2				
Monday Wednesday and Friday	5 minutes of brisk walking	:90 seconds of running with 2 min of walking for a total of 20 min		
Week 3				
Monday Wednesday and Friday	5 minutes of brisk walking	:90 seconds of running with :90 seconds of walking perform twice then perform 3 min of running with 3 min of walking and perform that twice (2X)		
Week 4				
Monday Wednesday and Friday	5 minutes of brisk walking	3 min of running, :90 seconds of walking, 5 min of running, 2.5 min of walking, 3 min of running, :90 seconds walking and 5 min of running		
Week 5				
Please Note: there are 3 different runs this week Monday Wednesday and Friday	5 minutes of brisk walking	Run #1: 5 min of running, 3 min of walking, 5 min of running, 3 min of walking, and 5 min of running:	Run #2: 8 min of running, 5 min of walking and 8 min of running	Run #3: 20 min of running with no walking
Week 6				
Please Note: there are 3 different runs this week Monday Wednesday and Friday	5 minutes of brisk walking	Run #1: 5 min of running, 3 min of walking, 8 min of running, 3 min of walking, and 5 min of running	Run #2: 10 min of running, 3 min of walking and 10 min of running	Run #3: 25 min of running with no walking
Week 7				
Monday Wednesday and Friday	5 minutes of brisk walking	25 min of running with no walking		
Week 8				
Monday Wednesday and Friday	5 minutes of brisk walking	28 min of running with no walking		
Week 9				
Monday Wednesday and Friday	5 minutes of brisk walking	30 min of running with no walking		

HOW TO PREPARE TO RUN A 5K IN LESS THAN 65 DAYS!

This 5k 9-week plan for beginners is designed to gradually build up your running ability so you can eventually run 5K without stopping.

The pace of the 9-week running plan has been tested at the Academy for over 12 years and works very well! If, however, you feel we are going too fast for you, simply repeat any one of the weeks until you feel physically ready to move on the following week.

We recommend a Monday Wednesday Friday structure, certainly if a Tuesday- Thursday- Saturday routine works better for your schedule then go for it! We simply want you to rest in between runs and take a day off! Do not run 2 days in a row!

Your rest days are critical. Having a rest day between each run will reduce your chance of injury and also make you a stronger and better runner in the "long run."

Resting allows your joints to recover from what is a high impact exercise and your running muscles to repair and strengthen.

If you are not used to running then you can expect to experience some calf pain and sore shins -- sometimes if they get sever enough shin splints!

Such aches can be caused by running on hard surfaces or by running in shoes that do not have enough foot and ankle support.



Always do the 5 minute warm up walks as instructed before each run and check that your running shoes are offering good support. Please see my YouTube Video on proper shoes for running.

FINAL NOTE

This program is for inexperienced runners or those of you that have not run in some time. We are not getting you ready for the Olympics. We are preparing you to safely run a 5K distance at your own pace. You will have good runs and bad runs. Accept it and do not spend too much time analyzing the how and why. Even a bad run is better than a day on the couch! In less than 10 weeks you will be capable of running your first 5K.

Good Luck!

PREP FOR THE ACADEMY

If you are using this routine to prepare for the Academy then certainly pace becomes an issue! We expect each and every cadet to arrive at the Academy capable of running a sub 30 minute 5K meaning less than 10 min miles!

At the Academy you will be expected to arrive capable of an 8:00 mile, a 12:40 mile and a half and a sub 30 minute 5K. We will never run further then a 5K while at the Academy.

Do not wait until the Academy starts to get in shape! That is a horrible idea and one that will find you falling behind rapidly and increase your risk of injury as you strive to keep up with the other properly prepared cadets. Preparation is crucial to a successful injury free Academy!

