

5K TRAINING PLAN FOR BEGINNERS

presented by **Humana**®
Start with healthy™

**Note: Before beginning this training program, a runner should be able to comfortably complete a 1-mile run or walk-run*

TERMS DEFINED:

- Easy: Run a comfortable, conversational pace.
Note: It is OK to take walk breaks if/when necessary
- Walk-Run Progression
- Week 1: Run 30 seconds, walk 1:00
- Week 2: Run 1:00, walk 1:00
- Week 3: Run 1:30, walk 1:00
- Week 4: Run 2:00, walk 1:00
- Weeks 5 & 6: Run 2:30, walk 1:00
- Rest: No running or activity. Let your body recover between training sessions
- X-training or cross-training: Alternative aerobic exercise of 30 to 60 minutes in duration in the form of swimming, spinning, elliptical. Weight training is also a good option



WEEK	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TOTAL MILEAGE
1	2 miles easy	Rest or X-training	2 miles easy	Rest or X-training	2 miles easy	Rest or X-training	2 miles easy	8
2	2 miles easy	Rest or X-training	2 miles easy	Rest or X-training	2 miles easy	Rest or X-training	2 miles easy	8
3	2.5 miles easy	Rest or X-training	2.5 miles easy	Rest or X-training	2.5 miles easy	Rest or X-training	2.5 miles easy	10
4	2.5 miles easy	Rest or X-training	2.5 miles easy	Rest or X-training	2.5 miles easy	Rest or X-training	2.5 miles easy	10
5	3 miles easy	Rest or X-training	3 miles easy	Rest or X-training	3 miles easy	Rest or X-training	3 miles easy	12
6	3 miles easy	Rest or X-training	3 miles easy	Rest or X-training	3 miles easy	Rest or X-training	RACE DAY!	12

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Learn more at www.runrocknroll.com/humana