



Beginner 5K Training Plan

The Beginner 5K program is designed for someone with some running experience or who might be returning to exercise after a brief layoff. This program introduces interval training, which includes a run workout that ends with a walk. Run Like a Mother® likes to use time, not distance, because it is easier to train with others in this manner.

The program has 3 days of run training per week. These can be done when you can fit them into your schedule but should be done with a rest day in between. Be patient with your progression; it is easy to get ahead of schedule and do too much. If you feel good, pick up the walk intervals to a faster pace. If the program feels too strenuous, slow down and let your body acclimate to the new intensity.

As always, if you are just beginning a program, please see your physician for medical clearance. Beginning a running program is not for everyone; however, there are many alternative ways to incorporate fitness into your life.

The Run Like a Mother program takes into consideration that things are easily accomplished if our mind doesn't have to think too hard. We have designed the program based on simple intervals. This makes it easy to remember and also breaks a bigger workout chunk into small, achievable time periods.

Interval Training

This program uses interval training, a method of walking and running that will help your body acclimate to the physical stress. Interval training should be performed so that the last interval can be completed at the same intensity as the first. Don't go out too hard! A digital watch or stop watch is a great companion. When looking at the program, you will see something like this...

1. Warm up for 5 minutes.
2. 8x (3.5-minute run, 1.5-minute steady walk)
3. Cool down for 5 minutes.

What this means is that you are to warm up for 5 minutes by walking briskly. You may stop and stretch before beginning the intervals, but NEVER stretch before beginning the workout. Cold muscles should not be stretched. Warm, lubricated joints and muscles will stretch better, and stretching can also wait until after you exercise.

Intervals: Begin the main part of your workout by running for 3.5 minutes and then recover with a 1.5-minute easy jog. Repeat this 8 times for a total of 40 minutes.

Cool down with a 5-minute walk.





As always, it is natural to be sore when starting a training program. Some people actually like the feeling because they know their body is working. If you feel joint pain or tenderness in a specific location or on one side and not the other, these are signs of injury, and you need to consult a physician.

Below the schedule is a sample of the workout that I would make to carry with me to the track or keep in my shorts pocket so that I remember easily the task at hand. Have fun! Run Like a Mother.

WEEK	Workout #1	Workout #2	Workout #3
1	Warm up for 5 minutes. 8x (3-minute run, 2-minute steady walk). Cool down for 5 minutes.	Same as #1 for this week.	Same as #1 for this week.
2	Warm up for 5 minutes. 8x (3.5-minute run, 1.5-minute steady walk). Cool down for 5 minutes.	Same as #1 for this week.	Same as #1 for this week.
3	Warm up for 5 minutes. 8x (4-minute run, 1-minute steady walk). Cool down for 5 minutes.	Same as #1 for this week.	Same as #1 for this week.
4	Warm up for 5 minutes. 5x (6-minute run, 2-minute steady walk). Cool down for 5 minutes.	Warm up for 5 minutes. 4x (7- minute run, 2-minute steady walk). Cool down for 5 minutes.	Same as #2 for this week.
5	Warm up for 5 minutes. 4x (8.5-minute run, 1.5-minute steady walk). Cool down for 5 minutes.	Warm up for 5 minutes. 4x (9- minute run, 1-minute steady walk). Cool down for 5 minutes.	Same as #2 for this week.
6	Warm up for 5 minutes. 3x (15-minute run, 2-minute steady walk). Cool down for 5 minutes.	TAPER TIME! Warm up for 5 minutes. 2x (10- minute run, 2- minute steady walk). Cool down for 5 minutes.	Warm up for 5 minutes. 2x (8- minute run and 2- minute steady walk). Cool down for 5 minutes.
RACE DAY!	You are prepared to go the distance; now get out and RUN LIKE A MOTHER!		

W/UP 10 min.
 8x (3 min. run, 2 min. easy)
 C/D 5 min.

