



Novice 5K Walk/Run Training Plan

The first-timer 5K program is designed for someone who has never run a 5K. Beginning a running program can be a daunting and also negative experience if started too fast or furiously. This program uses a safe, slow introduction to running by using a walk/run interval. Run Like a Mother® likes to use time, not distance, because it is important to get your body used to the time at first. Before you know it, you will be covering the distance without even realizing it!

The program is gentle. 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 exercise.

The program is broken down into 3 run training sessions a week. The time covered is about 45 minutes. The U.S. Department of Health and Human Services says that as adults we need moderate to vigorous exercise for 150 minutes a week at a minimum to keep our bodies healthy! The benefits of additional exercise such as weightlifting and cross-training will further promote disease prevention. This program will cover 150 minutes over 3 days of exercise.

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've designed the program based on 5-minute 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. A digital watch or stopwatch is a great companion. When looking at the program, you will see something like this...

1. Warm up for 5 minutes.
2. 8x (4-minute walk, 1-minute run)
3. Cool down for 5 minutes.

What this means is that you are to warm up for 5 minutes by walking at a brisk pace. 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 wait until after you exercise.

Intervals: Begin the main part of your workout by walking for 4 minutes, and then pick up to a run for a minute. Repeat this 8 times for a total of 40 minutes.



This program could be done any 3 days of the week; however, give yourself a day of recovery between each workout. If you are an experienced exerciser, you can cross-train on rest days.

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.

WEEK	Workout #1	Workout #2	Workout #3
1	Warm up for 5 minutes. 8x (1-minute run, 4-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 (1.5-minute run, 3.5-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 (2.5-minute run, 2.5-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. 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.
5	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.
6	TAPER TIME! One week until race day. Warm up for 5 minutes. 10x (3-minute run, 1-minute steady walk). Cool down for 5 minutes.	Warm up for 5 minutes. 5x (4-minute run, 1-minute steady walk). Cool down for 5 minutes.	Warm up for 5 minutes. 3x (3-minute run and 1-minute steady walk). Cool down for 5 minutes.
RACE DAY!	You are prepared to go to the distance; now get out and RUN LIKE A MOTHER!		

