



"0" to 5K in 8 Weeks



Please consult with your medical provider prior to starting a new exercise program.

Week	Run 1	Run 2	Run 3	Total Mileage
1	1	1	1	3
2	1	1	1.5	3.5
3	1.5	1.5	2	5
4	2	2	2.5	6.5
5	2	2	2.5	6.5
6	2.5	2.5	3	8
7	3	2	3	8
8	3	1	RACE DAY!	7.1

Options to complete this program:

- Timed Walk/Run Intervals** - After warming up, complete intervals of running for 1-4 minutes and walking 1-4 minutes. At the beginning, your walk/run ration should be the same, but as you feel more comfortable running, decrease your walk time and/or increase your run time.
- By Feel** - After warming up, run SLOWLY as long as you can, walk when you feel like walking, and then run again as soon as you are ready.

In between Runs 1 and 2, complete a strength training workout such as the following:

Basic Strength Training Workout for Runners

Complete 2 sets of 8-12 repetitions of each exercise. Choose a weight that makes completing the last 3 repetitions for the second set challenging.

- 1 Slow Walking Lunges (Body Weight)
- 2 Squats or Leg Press
- 3 Deadlifts
- 4 Side Lunges
- 5 Standing Hip Drops (Body Weight)
- 6 Bicep Curls
- 7 Tricep Kickbacks
- 8 Lateral Shoulder Raises
- 9 Lying Alternating Leg Lowers
- 10 Plank or Plank Variations
- 11 Foam Roll Quads, Hamstrings, Calves, and Back

In between Runs 2 and 3, complete low impact cross-training such as yoga, swimming, water aerobics, or cycling.

In between Runs 3 and the next week's Run 1, take the day off of "exercise."

NOTE: Consider the total time of cardio you are completing prior to starting this program. If the total time more than what will take you to complete the mileage listed above, be sure to keep up your endurance up by continuing your regular cardio minus the time it takes to complete your run workout.