

# 6 weeks to a 5k

## A Training Program for Beginners

Congratulations on deciding to do a 5k! If you're new to racing or out of practice, this schedule will help you prepare in three 30-45-minute weekly sessions (*not including warmup and cooldown*). Read the tips on the back. And give yourself credit for starting!

### Week 1 (6 weeks from the date of the race)

MON	TUE	WED	THU	FRI	SAT	SUN
Warmup 45 sec walk 15 sec run x30  Cooldown & Stretch	Strength training including core	Warmup 45 sec walk 15 sec run x30  Cooldown & Stretch	Strength training including core	Active rest	Warmup 45 sec walk 15 sec run x30  Cooldown & Stretch	Active rest

### Week 2 (5 weeks from the date of the race)

MON	TUE	WED	THU	FRI	SAT	SUN
Warmup 30 sec walk 30 sec run x15 45 sec walk 15 sec run x15  Cooldown & Stretch	Strength training including core	Warmup 30 sec walk 30 sec run x15 45 sec walk 15 sec run x15  Cooldown & Stretch	Strength training including core	Active rest	Warmup 30 sec walk 30 sec run x15 45 sec walk 15 sec run x15  Cooldown & Stretch	Active rest

### Week 3 (4 weeks from the date of the race)

MON	TUE	WED	THU	FRI	SAT	SUN
Warmup 30 sec walk 30 sec run x30  Cooldown & Stretch	Strength training including core	Warmup 30 sec walk 30 sec run x30  Cooldown & Stretch	Strength training including core	Active rest	Warmup 30 sec walk 30 sec run x30  Cooldown & Stretch	Active rest

*Strength training includes weightlifting and core work such as crunches and planks.  
Active rest means regular activity, but don't worry about pushing yourself.*



**PeaceHealth**

Program provided courtesy of Sherri McMillan, M.Sc. of [NW Personal Training](#)

For more health resources, visit [peacehealth.org/healthy-you](http://peacehealth.org/healthy-you)

## Week 4 (3 weeks from the date of the race)

MON	TUE	WED	THU	FRI	SAT	SUN
Warmup 1 min run 2 min walk x10  Cooldown & Stretch	Strength training including core	Warmup 1 min run 2 min walk x10  Cooldown & Stretch	Strength training including core	Active rest	Warmup 1 min run 2 min walk x10  Cooldown & Stretch	Active rest

## Week 5 (2 weeks from the date of the race)

MON	TUE	WED	THU	FRI	SAT	SUN
Warmup 1 min run 1 min walk x15  Cooldown & Stretch	Strength training including core	Warmup 1 min run 2 min walk x15  Cooldown & Stretch	Strength training including core	Active rest	Warmup 2 min run 1 min walk x10  Cooldown & Stretch	Active rest

## Week 6 (1 week from RACE DAY)

MON	TUE	WED	THU	FRI	SAT	SUN
Warmup 2 min run 1 min walk x10  Cooldown & Stretch	Strength training including core	Warmup 3 min run 1 min walk x10  Cooldown & Stretch	Active rest	Active rest	RACE DAY Warmup 5 min run 1 min walk  After race day, plan for Active rest	

### Tips for safe training

Lessen the chance of injury and always

- Warm up and cool down (5-10 minutes of walking).
- Stretch your legs, hips and backside after each workout.
- Condition your muscles to absorb the impact of running.
- Listen to your body. If you need to walk more than the program calls for, do that. If your body isn't ready for increased activity, go back to the prior week's program.

It's ok to complete this program as a walker with no running whatsoever – just vary your walking speed.