

**YOUR FREE 3 MONTHS (A 3-PHASE; 12 WEEK) BEGINNER/“BACK-AT-IT“ RUNNER
“First Time 5k“ TRAINING PLAN (by PETRA KILIAN, RevolutionRunning certified run
coach and USAT LEVEL I certified triathlon coach)**

There are a lot of training plans out there but this one is different. It's a step-by-step 12-week training plan, plus a 12-series podcast! We keep you motivated and support you with these 12 live-feel free podcast episodes throughout your training.

Note: Days may vary according to your work and life style!

PHASE #1: Starting out: “Making LACING UP a routine”

Phase #1 is called the “Aerobic Capacity Endurance Building Phase” (4 weeks)

This phase is the most critical phase of all. We are transforming you into a runner. We establish a consistent walk/run routine and experience how the body responds and transforms. We gain more fitness, leg response, lung capacity, and gain experience in running further. “Lacing up” is the start of each run day!

This phase is often the phase where many runners quit. Building a new routine and establishing a habit of doing something on a regular basis is hard. You can do this and we will be with you, every step of the way!

PHASE #1 (4 weeks):

WEEK #1:

PODCAST, EPISODE #1: “LACE UP & START”

DAY 1: Rest Day (yoga, core &/or Functional Training) for 30-60min.

When you know what you like, stick with it!

Day 2: Walk/Run routine as:

Walk 5min. brisk but relaxed for your warm-up, follow with a run/jog at a relaxed pace for 90 seconds and alternate with a brisk walk of 60 seconds for 1 mile total (choose a 1-mile distance: A 1-mile loop or do ½ mile out, ½ mile back), finish with a 5min. brisk cool-down walk.

Day 3: Cross Training for 20-30min. today

Examples are rowing, cycling, swimming, elliptical, stairs or a hike

- Day 4: Walk/Run routine as:
Walk 5min. brisk but relaxed for your warm-up, follow with a run/jog at a relaxed pace for 90 seconds and alternate with a brisk walk of 60 seconds for 1 mile total (choose a 1-mile distance: A 1-mile loop or do ½ mile out, ½ mile back), finish with a 5min. brisk cool-down walk.
- Day 5: Rest Day (Relax!)
- Day 6: 1.5 Mile run/jog with as many breaks as you need; run/jog at your own relaxed pace for up to ½ mile, take a break (walk for 1min.), then repeat. (Can be broken into as many segments as needed! Breaks are okay!)
- Day 7: Rest Day (Relax!)

WEEK #2:

PODCAST, EPISODE #2: "LEARN & FEEL THE RUN"

Change for week #2:

Day #2 & day #4 run/jog segments are increasing by 30seconds to 2 minutes!

- Day 1: Rest Day (yoga, core &/or Functional Training) for 30-60min.
When you know what you like, stick with it!
- Day 2: Walk/Run routine as:
Walk 5min. brisk but relaxed for your warm-up, follow with a run/jog at a relaxed pace for 2min., then walk for 60 seconds brisk for 1 mile total (choose a 1-mile distance: A 1-mile loop or do ½ mile out, ½ mile back), finish with a 5min. brisk cool-down walk.
- Day 3: Cross Training for 20-30min. today
Examples are rowing, cycling, swimming, elliptical, stairs or a hike
- Day 4: Walk/Run routine as:
Walk 5min. brisk but relaxed for your warm-up, follow with a run/jog at a relaxed pace for 2min., then walk for 60 seconds brisk for 1 mile total (choose a 1-mile distance: A 1-mile loop or do ½ mile out, ½ mile back), finish with a 5min. brisk cool-down walk.
- Day 5: Rest Day (Relax!)
- Day 6: Walk 5min. brisk but relaxed for your warm-up, follow with a 1 Mile run/jog with breaks; run/jog relaxed for up to ½ mile, break (walk for 1min.), repeat. (Can be broken into as many segments as needed! Breaks are okay!)
- Day 7: Rest Day (Relax!)

WEEK #3:

PODCAST, EPISODE #3: "STICK WITH IT"

Change for week #3:

***Day 2/Day 4 run/jog segments are staying the same (2min/1min)!
Week #3 is a good week to let go of one break during the long run, e.g.
Instead of 6 breaks, do only 5 or 4 or make them shorter!***

- Day 1: Rest Day (yoga, core &/or Functional Training) for 30-60min.
When you know what you like, stick with it!
- Day 2: Walk/Run routine as:
Walk 5min. brisk but relaxed for your warm-up, follow with a run/jog at a relaxed pace for 2min., then walk for 60 seconds brisk for 1 mile total (choose a 1-mile distance: A 1-mile loop or do ½ mile out, ½ mile back), finish with a 5min. brisk cool-down walk.
- Day 3: Cross Training for 20-30min. today
Examples are rowing, cycling, swimming, elliptical, stairs or a hike
- Day 4: Walk/Run routine as:
Walk 5min. brisk but relaxed for your warm-up, follow with a run/jog at a relaxed pace for 2min., then walk for 60 seconds brisk for 1 mile total (choose a 1-mile distance: A 1-mile loop or do ½ mile out, ½ mile back), finish with a 5min. brisk cool-down walk.
- Day 5: Rest Day (Relax!)
- Day 6: Walk 5min. brisk but relaxed for your warm-up, follow with a 1 Mile run/jog with breaks; run/jog relaxed for up to ½ mile, break (walk for 1min.), repeat. (Can be broken into as many segments as needed! Take one less break today!)
- Day 7: Rest Day (Relax!)

WEEK #4:

PODCAST, EPISODE #4: "DISCIPLINE & CONSISTENCY"

Change for week #4:

Your long run (Day 6): The overall length increases by 0.5 miles to 1.5 miles total.

- Day 1: Rest Day (yoga, core &/or Functional Training) for 30-60min.
When you know what you like, stick with it!
- Day 2: Walk/Run routine as:
Walk 5min. brisk but relaxed for your warm-up, follow with a run/jog at a relaxed pace for 2min., then walk for 60 seconds brisk for 1 mile total (choose a 1-mile distance: A 1-mile loop or do ½ mile out, ½ mile back), finish with a 5min. brisk cool-down walk.
- Day 3: Cross Training for 20-30min. today
Examples are rowing, cycling, swimming, elliptical, stairs or a hike
- Day 4: Walk/Run routine as:
Walk 5min. brisk but relaxed for your warm-up, follow with a run/jog at a relaxed pace for 2min., then walk for 60 seconds brisk for 1 mile total (choose a 1-mile distance: A 1-mile loop or do ½ mile out, ½ mile back), finish with a 5min. brisk cool-down walk.
- Day 5: Rest Day (Relax!)
- Day 6: Walk 5min. brisk but relaxed for your warm-up, follow with a 1.5 Mile run/jog with breaks; run/jog relaxed for up to ½ mile, break (walk for 1min.), repeat 2x. (Can be broken into as many segments as needed!)
- Day 7: Rest Day (Relax!)

PHASE #2: "I BELIEVE IN MYSELF"

Phase #2 is called the "Aerobic Capacity Experience Building Phase" (4 weeks)

During phase #2, we work on building on the endurance which we have established in phase #1, the first 4 weeks of training. We are getting more experienced with our new life & run routine and gain more confidence. When we get this far, we want to succeed and go all the way! "I believe in myself". "I can do this!"

PHASE #2 (4 weeks):

WEEK #5:

PODCAST, EPISODE #5: "BELIEVE IN YOURSELF"

Change for week #5:

Day 2/Day 4 increasing the distance by 0.5 miles to 1.5 miles; increasing the long run (day 6) by 0.5 miles to 2 miles and adding a 4th day of training, day 7.

Day 1: Rest Day (yoga, core &/or Functional Training) for 30-60min.

When you know what you like, stick with it!

Day 2: Walk/Run routine as:

Walk 5min. brisk but relaxed for your warm-up, follow with a run/jog at a relaxed pace for 2min., then walk for 60 seconds brisk for 1.5 miles total (choose a 1.5-mile distance: A 1.5-mile loop or do 0.75 mile out, 0.75 mile back), finish with a 5min. brisk cool-down walk.

Day 3: Cross Training for 20-30min. today

Examples are rowing, cycling, swimming, elliptical, stairs or a hike

Day 4: Walk/Run routine as:

Walk 5min. brisk but relaxed for your warm-up, follow with a run/jog at a relaxed pace for 2min., then walk for 60 seconds brisk for 1.5 miles total (choose a 1.5-mile distance: A 1.5-mile loop or do 0.75 mile out, 0.75 mile back), finish with a 5min. brisk cool-down walk.

Day 5: Rest Day (Relax!)

Day 6: Walk 5min. brisk but relaxed for your warm-up, follow with a 2-Mile run/jog with breaks; run/jog relaxed for up to ½ mile, break (walk for 1min.), repeat 3x. (Can be broken into as many segments as needed! Breaks are okay!)

Day 7: Walk/Run routine as:
Walk 5min. brisk but relaxed for your warm-up, follow with a run/jog at a relaxed pace for 2min., then walk for 60 seconds brisk for 1.5 miles total (choose a 1.5-mile distance: A 1.5-mile loop or do 0.75 mile out, 0.75 mile back), finish with a 5min. brisk cool-down walk.

WEEK #6:

PODCAST, EPISODE #6: "GETTING STRONGER"

Change for week #6:

The long run distance increases by 0.5 miles to 2.5 miles total!

- Day 1: Rest Day (yoga, core &/or Functional Training) for 30-60min.
When you know what you like, stick with it!
- Day 2: Walk/Run routine as:
Walk 5min. brisk but relaxed for your warm-up, follow with a run/jog at a relaxed pace for 2min., then walk for 60 seconds brisk for 1.5 miles total (choose a 1.5-mile distance: A 1.5-mile loop or do 0.75 mile out, 0.75 mile back), finish with a 5min. brisk cool-down walk.
- Day 3: Cross Training for 20-30min. today
Examples are rowing, cycling, swimming, elliptical, stairs or a hike
- Day 4: Walk/Run routine as:
Walk 5min. brisk but relaxed for your warm-up, follow with a run/jog at a relaxed pace for 2min., then walk for 60 seconds brisk for 1.5 miles total (choose a 1.5-mile distance: A 1.5-mile loop or do 0.75 mile out, 0.75 mile back), finish with a 5min. brisk cool-down walk.
- Day 5: Rest Day (Relax!)
- Day 6: Walk 5min. brisk but relaxed for your warm-up, follow with a 2.5-Mile run/jog with breaks; run/jog relaxed for 1.25-mile, break (walk for 1min.), repeat. (Can be broken into as many segments as needed! Breaks are okay!)
- Day 7: Walk/Run routine as:
Walk 5min. brisk but relaxed for your warm-up, follow with a run/jog at a relaxed pace for 2min., then walk for 60 seconds brisk for 1.5 miles total (choose a 1.5-mile distance: A 1.5-mile loop or do 0.75 mile out, 0.75 mile back), finish with a 5min. brisk cool-down walk.

WEEK #7:

PODCAST, EPISODE #7: "YOU GOT THIS"

Change for week #7:

Day 2/Day 4/Day 7 increasing the run/jog part by 1min to a 3min. total.

- Day 1: Rest Day (yoga, core &/or Functional Training) for 30-60min.
When you know what you like, stick with it!
- Day 2: Walk/Run routine as:
Walk 5min. brisk but relaxed for your warm-up, follow with a run/jog at a relaxed pace for 3min., then walk for 60 seconds brisk for 1.5 miles total (choose a 1.5-mile distance: A 1.5-mile loop or do 0.75 mile out, 0.75 mile back), finish with a 5min. brisk cool-down walk
- Day 3: Cross Training for 20-30min. today
Examples are rowing, cycling, swimming, elliptical, stairs or a hike
- Day 4: Walk/Run routine as:
Walk 5min. brisk but relaxed for your warm-up, follow with a run/jog at a relaxed pace for 3min., then walk for 60 seconds brisk for 1.5 miles total (choose a 1.5-mile distance: A 1.5-mile loop or do 0.75 mile out, 0.75 mile back), finish with a 5min. brisk cool-down walk
- Day 5: Rest Day (Relax!)
- Day 6: Walk 5min. brisk but relaxed for your warm-up, follow with a 2.5-Mile run/jog with breaks; run/jog relaxed for 1.25-mile, break (walk for 1min.), repeat. (Breaks are okay again but try to start limiting your breaks during the long runs e.g. 2/3 instead of 4!)
- Day 7: Walk/Run routine as:
Walk 5min. brisk but relaxed for your warm-up, follow with a run/jog at a relaxed pace for 3min., then walk for 60 seconds brisk for 1.5 miles total (choose a 1.5-mile distance: A 1.5-mile loop or do 0.75 mile out, 0.75 mile back), finish with a 5min. brisk cool-down walk

WEEK #8:

PODCAST, EPISODE #8: "THE GRIND"

Change for week #8:

Day 2/Day 4/Day 7 increasing the run part by 1min. to a total of 4min.!

Try to take one less break during the long run!

- Day 1: Rest Day (yoga, core &/or Functional Training) for 30-60min.
When you know what you like, stick with it!
- Day 2: Walk/Run routine as:
Walk 5min. brisk but relaxed for your warm-up, follow with a run/jog at a relaxed pace for 4min., then walk for 60 seconds brisk for 1.5 miles total (choose a 1.5-mile distance: A 1.5-mile loop or do 0.75 mile out, 0.75 mile back), finish with a 5min. brisk cool-down walk
- Day 3: Cross Training for 20-30min. today
Examples are rowing, cycling, swimming, elliptical, stairs or a hike
- Day 4: Walk/Run routine as:
Walk 5min. brisk but relaxed for your warm-up, follow with a run/jog at a relaxed pace for 4min., then walk for 60 seconds brisk for 1.5 miles total (choose a 1.5-mile distance: A 1.5-mile loop or do 0.75 mile out, 0.75 mile back), finish with a 5min. brisk cool-down walk
- Day 5: Rest Day (Relax!)
- Day 6: Walk 5min. brisk but relaxed for your warm-up, follow with a 2.5-Mile run/jog with breaks; run/jog relaxed for 1.25-mile, break (walk for 1min.), repeat. (Breaks are okay again but try to start limiting your breaks during the long runs e.g. 1-2 instead of 3!)

Day 7:

Walk/Run routine as:

Walk 5min. brisk but relaxed for your warm-up, follow with a run/jog at a relaxed pace for 4min., then walk for 60 seconds brisk for 1.5 miles total (choose a 1.5-mile distance: A 1.5-mile loop or do 0.75 mile out, 0.75 mile back), finish with a 5min. brisk cool-down walk

PHASE #3: "I CAN DO THIS!"

Our final, Phase #3 is called the "Experience, Finish & Taper Phase" (4 weeks). *During phase #3, we keep working on building our run endurance we have established in phase #1 & #2, as well as experience ourselves as a runner. We are getting closer and have our goal in sight, the 5k-race-day. We finish our endurance build, add a bit of speed with "Fartleks" and get ready for race day. Fartleks are speedy sprints that involve varying your pace throughout your run, alternating between fast and slow segments.*

PHASE #3 (4 weeks):

WEEK #9:

PODCAST, EPISODE #9: "PEAK IT UP"

Change for week #9:

Adding a 2.5-Mile "Fartlek" run workout on Day 2. & adding 0.5 miles to the long run, making it 3 miles total! Try to decrease your breaks during the long run. Day 4 and Day 7 runs are changing.

- Day 1: Rest Day (yoga, core &/or Functional Training) for 30-60min.
When you know what you like, stick with it!
- Day 2: We start to add some speed with a "Fartlek" run routine:
Warm-up: A 5min. brisk but relaxed walk, followed by:
Run/jog at a relaxed pace for 5 minutes, followed by a 1-minute walk. Repeat for a total distance of 2.5 miles. Start each mile with a short (15-second) sprint ("Fartlek"), a total of 3.
- Day 3: Cross Training for 20-30min. today
Examples are rowing, cycling, swimming, elliptical, stairs or a hike
- Day 4: Walk/Run routine as:
Warm-up: A 5min. brisk but relaxed walk, then:
Walk 1min. brisk but relaxed, run/jog at a relaxed pace for 10min. Repeat until you reach a total distance of 2.5 miles total (choose a 2.5 mile distance: A 2.5-mile loop or do 1.25-mile out, 1.25 mile back)
- Day 5: Rest Day (Relax!)

Day 6: Walk 5min. brisk but relaxed for your warm-up, follow with a 3-Mile run/jog with breaks; run/jog relaxed for 1.5-mile, break (walk for 1min.), repeat. (Breaks are okay; but try to take one less break today!)

Day 7: Walk/Run routine as:
Warm-up: A 5min. brisk but relaxed walk, then:
Walk 1min. brisk but relaxed, run/jog at a relaxed pace for 10min. Repeat until you reach a total distance of 2.5 miles (choose a 2.5-mile distance: A 2.5-loop or do 1.25-mile out, 1.25-mile back)

WEEK #10:

PODCAST, EPISODE #10: "GO BIG OR GO HOME"

Change for week #10:

Week #10 is the BIGGEST week of your 5k training plan. The Long Run distance increases by 0.5-1 mile for a total of 3.5-4 miles. Try to decrease the number of breaks during the long run.

- Day 1: Rest Day (yoga, core &/or Functional Training) for 30-60min.
When you know what you like, stick with it!
- Day 2: "Fartlek" run routine as:
Warm-up: A 5min. brisk but relaxed walk, followed by:
Run/jog at a relaxed pace for 5 minutes, followed by a 1-minute walk. Repeat for a total distance of 2.5 miles. Start each mile with a short (15-second) sprint ("Fartlek"), a total of 3.
- Day 3: Cross Training for 20-30min. today
Examples are rowing, cycling, swimming, elliptical, stairs or a hike
- Day 4: Walk/Run routine as:
Warm-up: A 5min. brisk but relaxed walk, then:
Walk 1min. brisk but relaxed, run/jog at a relaxed pace for 10min. Repeat until you reach a total distance of 2.5 miles (choose a 2.5-mile distance: A 2.5-mile loop or do 1.25-mile out, 1.25 mile back)
- Day 5: Rest Day (Relax!)
- Day 6: Walk 5min. brisk but relaxed for your warm-up, follow with a 3.5-4-Mile run/jog with breaks; run/jog relaxed for 1.75 to 2miles, break (walk for 1min.), repeat. (Can be broken into segments, make the segments the same length. Try to limit your breaks, e.g. 1-2 instead of 3-4!)

Day 7:

Walk/Run routine as:

Warm-up: A 5min. brisk but relaxed walk, then:

Walk 1min. brisk but relaxed, run/jog at a relaxed pace for 10min. Repeat until you reach a total distance of 2.5 miles (choose a 2.5-mile distance: A 2.5-loop or do 1.25-mile out, 1.25-mile back)

WEEK #11:

PODCAST, EPISODE #11: "TAPER WHAT'S THAT"

Change for week #11: We are changing to 3 complete rest days (no cross training)!

Day 6 is our longest run yet before race day & we try to limit our breaks to one or 2 during the long run.

Day 1: Rest Day (Relax today!)

Day 2: "Fartlek" run routine as:
Warm-up: A 5min. brisk but relaxed walk, followed by:
Run/jog at a relaxed pace for 5 minutes, followed by a 1-minute walk. Repeat for a total distance of 2.5 miles. Start each mile with a short (15-second) sprint ("Fartlek"), a total of 3.

Day 3: Rest Day (Relax today!)

Day 4: Walk/Run routine as:
Warm-up: A 5min. brisk but relaxed walk, then:
Walk 1min. brisk but relaxed, run/jog at a relaxed pace for 10min. Repeat until you reach a total distance of 2.5 miles (choose a 2.5-mile distance: A 2.5-mile loop or do 1.25-mile out, 1.25 mile back)

Day 5: Rest Day (Relax again!)

Day 6: Walk 5min. brisk but relaxed for your warm-up, follow with a 4-Mile run/jog with breaks; run/jog relaxed for 2miles, break (walk for 1min.), repeat. (Try to limit your breaks to 1 at half-time if possible today!)

Day 7: Walk/Run routine as:
Warm-up: A 5min. brisk but relaxed walk, then: Walk 1min. brisk but relaxed, run/jog at a relaxed pace for 10min. Repeat until you reach a total distance of 2.5 miles (choose a 2.5-mile distance: A 2.5-loop or do 1.25-mile out, 1.25-mile back)

WEEK #12:

PODCAST, EPISODE #12: "READY, SET, GO"

Change for week #12, your FINAL week:

Changing Day 4/Day 6 workouts; RACE DAY is here!

- Day 1: Rest Day (Relax today!)
- Day 2: "Fartlek" run routine as (***One last time, speed for fun!***):
Warm-up: A 5min. brisk but relaxed walk, followed by:
Run/jog at a relaxed pace for 5 minutes, followed by a 1-minute walk. Repeat for a total distance of 2.5 miles. Start each mile with a short (15-second) sprint ("Fartlek"), a total of 3.
- Day 3: Rest Day (Relax today!)
- Day 4: Walk/Run routine as: Warm-up: A 5min. brisk but relaxed walk, then:
Walk 1min. brisk but relaxed, run/jog at a relaxed pace for 10min. Repeat until you reach a total distance of 2.5 miles (choose a 2.5-mile distance: A 2.5-mile loop or do 1.25-mile out, 1.25 mile back)
- Day 5: Rest Day (Relax again!)
- Day 6: Cross Training for 10-20min. today
(stick with what you have done on cross train days during training!)
- Day 7: *****RACE A 5K TODAY***** (Run the distance, no breaks needed!)

HAVE FUN & LET US KNOW HOW YOU DID!