



Prepare and train for your 5K.

But before you begin...

- ✓ Be sure that you are in good health. Check with your physician before beginning any exercise program.
- ✓ Enlist the support of family and friends. Register for a Get Your Rear in Gear 5K and form a team that will train together in preparation for the event.
- ✓ Invest in good running or walking shoes. Visit a store in your community where shoe experts will size your foot and recommend an appropriate shoe.
- ✓ Find a safe path in your neighborhood or local park that will allow you to walk or run the 5K (3.1 mile) distance without frequent stops.
- ✓ Equip yourself with a stopwatch or interval timer app for your smartphone to help track the walking and jogging intervals.



Get Your Rear in Gear® 5K Training Plan 30 minutes per day

How to use this plan

The 5K Training Plan is based on "intervals" or short segments of walking and jogging. Intervals allow exercisers to gradually adapt to longer segments of higher intensity activity in order to reach exercise goals. A walker who wants to run a 5K race for the first time can use this 30 minute interval program 3-4 times per week during which he/she alternates segments of walking and jogging.

To become a runner:

Begin week one with four minutes of walking, followed by one minute of jogging (4:1). Repeat these intervals for the duration of the 30 minute exercise session. As the weeks progress, the body becomes more comfortable jogging, so the walking interval time decreases while the jogging interval time increases (3:2, 2:3, 1:4) Eventually, the entire 30 minute session is spent jogging.

Already a runner?

Use intervals to set a pace goal for race day. Instead of using walk/run intervals, use jog/race-pace intervals. Begin week one with a slow jog followed by one minute at race-pace (4:1). As the weeks progress, spend less time jogging and more time at race-pace.

This schedule shows alternating days of intervals/rest. You may choose a consistent schedule (M, W, F, Sat. or Sun, T, Th, Sat.) to better fit your needs. Be sure you do the intervals at least 3-4 times per week.

**minutes walking : minutes jogging*

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1		4:1*		4:1		4:1	
2	4:1		4:1		4:1		4:1
3		3:2		3:2		3:2	
4	3:2		3:2		3:2		3:2
5		2:3		2:3		2:3	
6	2:3		2:3		2:3		2:3
7		1:4		1:4		1:4	
8	1:4		1:4		1:4		1:4
9		Steady moderate pace		Steady moderate pace		Steady moderate pace	
10	Steady challenging pace		Steady moderate pace			RACE DAY!	

Use "off" days to cross train. Bike, swim, or do any other non-weight bearing activity to allow the legs to rest.

GOOD LUCK!