

## 2011 Road Runner Beginner 5k Training Program

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 1 April 17-23		Walk 10 min run 6 min walk 10 min		Walk 5 min, run 2 min, walk 2 min do 5 times cool-dn walk 5 min		Walk 5 min, run 4 min, walk 2 min do 3 times cool-dn walk 5 min	
Week 2 April 24- 30	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Warm-up Walk 5 min Run 3 mins Walk 2 min Do 5 times cool-dn Walk 5 min 35 min total	Walk 10 min run 8 min walk 10 min		Warm-up Walk 5 mins Run 5 mins Walk 3 mins do 3 times cool-dn 5 minutes walking 31 min total		Warm-up Walk 5 mins Run 6 mins Walk 4 mins Do 2 times cool-dn 5 minutes walking 32 min total	
Week 3 May 1-7	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Warm-up Walk 5 min Run 3 min Walk 1 min Do 6 times cool-dn Walk 5 min 35 min total	Warm-up Walk 10 mins Run 10 mins Walk 10min 30 min total		Warm-up Walk 5 mins Run 5 mins Walk 2 mins do 4 times cool-dn Walk 5 min 38 min total		Warm-up Walk 7 mins Run 7 mins Walk 3 mins Do 2 times cool-dn Walk 7 min 34 min total	
Week 4 May 8-14	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Warm-up Walk 5 min Run 3 mins Walk 1 min Do 8 times cool-dn Walk 5 min 45 min total	Warm-up Walk 10 mins Run 14 mins Walk 10 min 34 min total		Warm-up Walk 5 mins Run 5 mins Walk 2 mins do 4 times cool-dn Walk 5 min 38 min total		Warm-up Walk 7 mins Run 7 mins Walk 3 mins Do 3 times cool-dn Walk 7 min 44 min total	
Week 4 May 15-21	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Warm-up Walk 5 min Run 3 mins Walk 1 min Do 9 times cool-dn Walk 5 min 49 min total	Warm-up Walk 10 mins Run 17 mins Walk 10min 37 min total		Warm-up Walk 5 mins Run 5 mins Walk 2 mins do 4 times cool-dn Walk 5 min 38 min total		Warm-up Walk 7 mins Run 8 mins Walk 3 mins Do 3 times cool-dn Walk 7 min 47 min total	
Week 6 May 22-28	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Warm-up Walk 5 min Run 3 mins Walk 1 min Do 10 times cool-dn Walk 5 min 53 min total	Warm-up Walk 10 mins Run 20 mins Walk 10min 40 min total		Warm-up Walk 5 mins Run 5 mins Walk 2 mins do 4 times cool-dn Walk 5 min 38 min total		Warm-up Walk 7 mins Run 9 mins Walk 3 mins Do 3 times Cool-dn Walk 7 min 50 min total	
Week 7 May 29-June 4	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Warm-up Walk 5 min Run 3 mins Walk 1 min Do 10 times cool-dn Walk 5 min 53 min total	Warm-up Walk 10 mins Run 23 mins Walk 10min 43 min total		Warm-up Walk 5 mins Run 5 mins Walk 1 mins do 4 times Cool-dn Walk 5 min 34 min total		Warm-up Walk 7 mins Run 10 mins Walk 3 mins Do 3 times cool-dn Walk 7 min 53 min total	
Week 8 June 5-1	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Warm-up Walk 5 min Run 3 mins Walk 1 min Do 10 times cool-dn Walk 5 min 53 min total	Warm-up Walk 10 mins Run 26 mins Walk 10min 46 min total		Warm-up Walk 5 mins Run 5 mins Walk 1 mins do 4 times cool-dn Walk 5 min 34 min total		Warm-up Walk 7 mins Run 10 mins Walk 2 mins Do 3 times cool-dn Walk 7 min 53 min total	
Week 9 June 12-18	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Warm-up Walk 5 min Run 3 mins Walk 1 min Do 10 times cool-dn Walk 5 min 53 min total	Warm-up Walk 10 mins Run 29 mins Walk 10min 46 min total		Warm-up Walk 5 mins Run 5 mins Walk 1 mins do 4 times cool-dn Walk 5 min 34 min total		Warm-up Walk 7 mins Run 10 mins Walk 2 mins Do 3 times cool-dn Walk 7 min 53 min total	
Week 10 Jun19-25	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Warm-up Walk 5 min Run 3 mins Walk 1 min Do 10 times cool-dn Walk 5 min 53 min total	Warm-up Walk 10 mins Run 32 mins Walk 10 min 46 min total		Warm-up Walk 5 mins Run 5 mins Walk 1 mins do 4 times cool-dn Walk 5 min 34 min total		Warm-up Walk 7 mins Run 10 mins cool-dn Walk 7 min 24 min total	
6/26/2011 RACE	SUNDAY RoadRunner 5K Good Luck!						

For additional information contact the RoadRunners at [HBRoadRunners@sbcglobal.net](mailto:HBRoadRunners@sbcglobal.net)