

Run Your First 5K

Think you can't run? Think again. This **12-week program** will take you from the couch to the finish line no matter where you start.

Each workout should be completed **three times per week**.
Always include a **WARM UP & COOL DOWN**, as described below.

WEEK 1	 30 seconds	 3 minutes	Repeat 6x Total: 21 minutes
WEEK 2	 1 minute	 3 minutes	Repeat 5x Total: 20 minutes
WEEK 3	 90 seconds	 3 minutes	Repeat 5x Total: 22.5 minutes
WEEK 4	 2 minutes	 2 minutes	Repeat 5x Total: 20 minutes
WEEK 5	 3 minutes	 2 minutes	Repeat 4x Total: 20 minutes
WEEK 6	 4 minutes	 2 minutes	Repeat 4x Total: 24 minutes
WEEK 7	 6 minutes	 2 minutes	Repeat 3x Total: 24 minutes
WEEK 8	 8 minutes	 2 minutes	Repeat 3x Total: 30 minutes
WEEK 9	 9 minutes	 1 minute	Repeat 3x Total: 30 minutes
WEEK 10	 10 minutes	 1 minute	Repeat 3x Total: 33 minutes
WEEK 11	 15 minutes	 1 minute	Repeat 2x Total: 32 minutes
WEEK 12	 30 minutes		Total: 30 minutes
WEEK 13	5K Race Day! 		

WARM UP: Walk five minutes at an easy pace prior to every walk-run workout to gradually increase circulation to working muscles and heart.

COOL DOWN: Walk five minutes at an easy pace after every walk-run workout to gradually bring heart rate and breathing back to normal levels.