



RWJBarnabas Health 5k Beginner Training Plan



The couch to 5k plan is designed for the true beginner to running. No running experience is necessary. All you need is the desire to run a 5k.

The plan is designed to help you safely build up to running a 5k.

Plan Details:

Length - 10 weeks

3 weekly runs

All you need are shoes, and a desire to run. Not complicated, just getting you up and running on your 5k journey this plan is simple and will have you ready for your first 5k in a matter of weeks.

There is no single secret to success in training, but with consistent attention to detail and diligent training, you can set yourself up for the best chance of success on race day!



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Keys to Success:

Pace

Don't concern yourself with being fast during training. Run all your runs at a comfortable pace. On some days you will feel good and a comfortable pace may be a bit faster, on others your comfortable pace may be a bit slower- that is entirely fine, listen to your body and run at whatever pace feels good that day.

Walk/Run Days

On training days noted as "Walk/Run" days, you will see an overall duration of time as well as walk and run intervals. Your goal is to stay moving for the overall duration and to switch between a walk and run as noted on that day. For example:

Walk/ Run

20 Minutes

Walk 4M - Run 1M

This would indicate a 20-minute overall duration in which you walk for 4 minutes followed by running for 1 minute, you will repeat that walk and run pattern until you complete the full 20 minutes.

Steady Run Days

On steady run days, you will see a distance noted in the calendar; your goal is to run that distance. These runs are designed to gradually build you up until you can run a full 5k. They will increase in small chunks each week until week 8 when you are running 3.1 miles.

Stretching and Mobility

While stretching and mobility are not a built-in part of this training plan, it is an important part of preventing injury. Following every activity, you should plan to stretch for at least 10 minutes.

Warm-up

Before every steady run, you should begin with 5-10 minutes of walking and some light stretching.

Distance and Time

It is not necessary to have a device able to measure distance to complete this plan. All workouts will have an option based entirely on time so that you can complete the workout as planned with nothing more than a watch.



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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	September 7th	September 8th	September 9th	September 10th	September 11th	September 12th	September 13th
		Walk / Run 20 Minutes Walk 4M - Run 1M		Walk / Run 20 Minutes Walk 90 Seconds Run 30 Seconds		¼ Mile Run or 3 Minute Run	
Week 2	September 14th	September 15th	September 16th	September 17th	September 18th	September 19th	September 20th
		Walk / Run 20 Minutes Walk 3M - Run 2M		Walk / Run 20 Minutes Walk 60 Seconds Run 30 Seconds		½ Mile Run or 6 Minute Run	
Week 3	September 21st	September 22nd	September 23rd	September 24th	September 25th	September 26th	September 27th
		Walk / Run 20 Minutes Walk 2M - Run 3M		Walk / Run 20 Minutes Walk 30 Seconds Run 30 Seconds		¾ Mile Run Or 9 Minute Run	
Week 4	September 28th	September 29th	September 30th	October 1st	October 2nd	October 3rd	October 4th
		Walk / Run 25 Minutes Walk 4M - Run 1M		Walk / Run 20 Minutes Walk 30 Seconds Run 40 Seconds		1 Mile Run or 12 Minute Run	



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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 5	October 5th	October 6th	October 7th	October 8th	October 9th	October 10th	October 11th
		Walk / Run 25 Minutes Walk 3M - Run 2M		Walk / Run 20 Minutes Walk 30 Seconds Run 50 Seconds		1.25 Mile Run or 15 Minute Run	
Week 6	October 12th	October 13th	October 14th	October 15th	October 16th	October 17th	October 18th
		Walk / Run 25 Minutes Walk 2M - Run 3M		Walk / Run 20 Minutes Walk 30 Seconds Run 60 Seconds		1.5 Mile Run or 18 Minute Run	
Week 7	October 19th	October 20th	October 21st	October 22nd	October 23rd	October 24th	October 25th
		Walk / Run 30 Minutes Walk 4M - Run 1M		Walk / Run 25 Minutes Walk 60 Seconds Run 60 Seconds		1.75 Mile Run or 21 Minute Run	
Week 8	October 26th	October 27th	October 28th	October 29th	October 30th	October 31st	November 1st
		Walk / Run 30 Minutes Walk 3M - Run 2M		Walk / Run 25 Minutes Walk 45 Seconds Run 60 Seconds		2 Mile Run or 24 Minute Run	



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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 9	November 2nd	November 3rd	November 4th	November 5th	November 6th	November 7th	November 8th
		Walk / Run 30 Minutes Walk 2M - Run 3M		Walk / Run 25 Minutes Walk 30 Seconds Run 60 Seconds		2.5 Mile Run Or 30 Minute Run	
Week 10	November 9th	November 10th	November 11th	November 12th	November 13th	November 14th	November 15th
		Walk / Run 35 Minutes Walk 3M - Run 2M		Walk / Run 30 Minutes Walk 60 Seconds Run 60 Seconds		RACE DAY RWJBarnabas Health 5k	