



6 Week Novice Training Schedule Walk or Run Your First 5K (3.1 Miles)* RACE

Compliments of the WOW Team – Join Us for Training

Reviewed 5-2011

<http://gowowteam.com>

WEEK 1 of 6

Monday Rest
 Tuesday Walk/Run 35 minutes total, 5 minutes warm-up, 30 minutes with 5 X 1 minute brisk (run or walk) in 30 minutes total. Walk or Mix Run/Walk.
 Wednesday Coached **Track workout** - Warm-up 1 – 2 laps, mix high knees, jumping jacks, booty burners, bicycles, and twisters, 4 laps steady, cool-down
 Thursday Rest
 Friday Cross Train
 Saturday Rest or Cross train (Ask Coach Stephanie if you need suggestions)
 Sunday 60 minutes total workout, 5 minutes warm-up, 1 minute hard (run or walk) 1 minute easy (walk), repeat 5 times. Walk for 45 minutes steady.

Note: Walk, run or a combination of walking and running is fine. Always time your breaks, however. In other words, it is not OK to just walk a little, run a little. You must have a system. Ask about run/walk technique if you are interested.

WEEK 2 of 6

Monday Rest
 Tuesday Walk/Run 40 minutes total, 5 minutes warm-up, 35 minutes with 6 X 1 minute brisk (run or walk) in 35 minutes total. Walk or Mix Run/Walk.
 Wednesday Coached **Track workout** - Warm-up 1 – 2 laps, mix high knees, jumping jacks, booty burners, bicycles, and twisters, 100 meters fast, walk back, repeat 5 times, cool-down
 Thursday Rest
 Friday Cross Train
 Saturday 60 minutes total workout, 5 minutes warm-up, 1 minute hard (run or walk) 1 minute easy (walk), repeat 10 times. Walk for 35 minutes steady.

WEEK 3 of 6

Monday Rest
 Tuesday Walk/Run 45 minutes total, 5 minutes warm-up, 40 minutes with 7 X 1 minute brisk (run or walk) in 40 minutes total. Walk or Mix Run/Walk.
 Wednesday **Track workout** - Warm-up 1 – 2 laps plus mix high knees, jumping jacks, booty burners, bicycles, and twisters. Walk, run, or run/walk a mile (4 laps) for a time. Cool-down 1 – 2 laps.
 Thursday Rest
 Friday Cross Train
 Saturday Rest or 30 minutes of your choice of exercise
 Sunday 60 minutes total workout, 5 minutes warm-up, 1 minute hard (run or walk) 1 minute easy (walk), repeat 15 times. Walk for 25 minutes steady.

WEEK 4 of 6

Monday Rest
 Tuesday Walk/Run 50 minutes total, 5 minutes warm-up, 45 minutes with 8 X 1 minute brisk (run or walk) in 45 minutes total. Walk or Mix Run/Walk.
 Wednesday **Track workout** - Warm-up 1 – 2 laps, mix high knees, jumping jacks, booty burners, bicycles, and twisters, 100 meters fast, walk back, repeat 5 times, cool-down 1 – 2 laps
 Thursday Rest
 Friday Cross Train
 Saturday Rest or 30 minutes of your choice of exercise
 Sunday 60 minutes total workout, 5 minutes warm-up, 1 minute hard (run or walk) 1 minute easy (walk), repeat 20 times. Walk for 15 minutes steady.

WEEK 5 of 6

Monday Rest

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Tuesday Walk/Run 55 minutes total, 5 minutes warm-up, 50 minutes with 9 X 1 minute brisk (run or walk) in 50 minutes total. Walk or Mix Run/Walk.
 Wednesday **Track workout** - Warm-up 1 – 2 laps, mix high knees, jumping jacks, booty burners, bicycles, and twisters, 400 meters hard w/with one minute rest, repeat 5 times, cool-down 1 mile
 Thursday Rest
 Friday Cross train (Ask Coach Stephanie if you need suggestions)
 Saturday Rest or 30 minutes of your choice of exercise
 Sunday 60 minutes total workout, 5 minutes warm-up, 1 minute hard (run or walk) 1 minute easy (walk), repeat 25 times. Walk for 5 minutes steady.

WEEK 6 of 6

Monday Rest
 Tuesday Walk, Run, or Walk/Run 30 min total = 5 min warm-up, 15 minutes brisk, 10 minutes easy
 Wednesday **Track workout** - Warm-up 1 – 2 laps plus high knees, jumping jacks, booty burners, bicycles, and twisters for warm-up. 400 meters hard with one minute rest, repeat 5 times, cool-down 1 mile
 Thursday Wednesday Rest
 Friday Walk, Run, or Walk/Run 30 min total = 5 min warm-up, 15 minutes brisk, 10 minutes easy
 Saturday Rest
 Sunday **Complete your Race with a big smile!**

Details

- **For first time competitors. Even if you walk the entire race, you can complete a 5K with this training program.** You are building up your strength, endurance, and confidence with this program. You CAN DO THIS!!.
- When the schedule says “fast or brisk” make your pace FAST meaning it is not easy to talk, and you should be breathing HARD – not out of breath but deep and full breathing – no long conversations at this time.
- Cross Training (**X-Training**) refers to other kinds of exercise. This could be biking, hiking, swimming, yoga, gym workouts, etc. One of the benefits of cross training is that it uses different muscle groups and provides a change of “pace”.
- Track workouts can be done on your own or join our group on Wednesdays if you are in the WOW Team Neighborhood.

Stretching

Always allow time for stretching after you run!

RHR = Resting Heart Rate

Please start monitoring your morning resting heart rate and get a normal rate for yourself. If you are more than 5 – 10 beats higher, on your morning review, please rest rather than work out hard. An easy walk is usually OK, even if you are feeling a bit tired or stressed but pushing your body will not allow the recovery you need to get stronger. Listen to your body.

For more information or some individualized coaching, contact Coach Stephanie at CoachStephanie@gowowteam.com or call 415 682-8819

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