

A Ten-Week 5K Training Program (for TRIP)

This program assumes that you are new to the sport of running.

It also assumes that your goal is to finish the race as best you can.

As always, check with your doctor before taking on a new fitness program.

September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Hello! Welcome to your running life! Today is 1 mile easy . It can be as easy as you want.	2 Let's go another 1 mile easy , today! If you are stiff from yesterday, you can walk the mile.	3 Three days in a row!! 1 mile easy , again. If you ran the last 2 days and are stiff, you may walk this. If you walked yesterday, try to run, today.	4 Rest day! Rest days are just as important as your running days, maybe even more important! Enjoy!!	5 Back at it, today. Let's do that 1 mile easy .	6 1 mile easy , again. I know this might seem boring, but you are building a habit, here.	7 You guessed it! 1 mile easy .
8 Rest day! You have completed two full cycles of training (3 days on and one day off). Congratulations!	9 Let's punch this up a bit, but not too much. Let's do 1.25 miles easy .	10 You have the pattern. Let's do that 1.25 miles easy .	11 Don't get bored. We will mix it up during the next cycle. Remember that you are building a habit. Run 1.25 miles easy .	12 Enjoy your Rest day!	13 Let's do 1 mile easy , today.	14 We're going to punch it up to 1.5 miles easy . Remember to keep these runs easy.

15	Backing off, now. Run 1 mile easy , today.	16	Rest day! You have earned this one!	17	Run 1.25 miles easy today. We'll punch it up again, tomorrow,	18	Run 1.5 miles easy , today. You are building your base by being consistent.	19	And... 1.25 miles easy! Great job on this cycle.	20	Rest day , today!	21	Here is where we will insert a rest cycle so you will do a little less over the next 3 days, then pick it up again. Run 1 mile easy , today.
22	Yes, today is another Rest day! This is not a misprint!	23	Finish your rest cycle with a nice easy 1 mile run.	24	Rest day. This is your normal rest day. Expect to feel pretty darned good tomorrow!	25	1.5 miles easy. You will feel good, so make sure that you keep this easy.	26	The next big step! 2 miles easy , today. Keep it as easy as you want.	27	And finish up with 1.5 miles easy! Great job!!	29	Rest day! You know the drill: enjoy!
29	Let's run 2 miles easy , today!	30	And we'll back off a little today! Run 1.5 miles easy .										

October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Finish up this cycle with 2 miles easy . Great job!	2 Yup!! Rest day!	3 You are getting stronger. Let's up your game this cycle. Run 2 miles easy .	4 Let's follow that up with another 2 miles easy!	5 And finally, another 2 miles easy . Whew! What a great job!

6 Your Rest day is awaiting! Enjoy it!	7 I am inserting another rest cycle in here because you have been doing great! Run an easy 1 mile .	8 And... Rest day!	9 Finally, a nice easy 1 mile!	10 This is your normal Rest day! You will feel great tomorrow!	11 Run 2 miles easy , today. Keep this easy. You will feel really good today!	12 Today, we run 2.5 miles easy .
13 Let's back off with 1.5 miles easy . Keep this easy. You are building your base for the race.	14 And Rest day! This is a good rest day for you because you have earned it with your consistency! Great job!	15 Run 1.5 miles easy , today. You'll see why when you look at tomorrow!	16 Today you run 3 miles easy . Yes, that's right! You have reached the mileage of the race. From here on in, we seal the deal!	17 Run 1.5 miles easy , today. Enjoy your run, realizing that you ran 3 miles yesterday!	18 Rest day , today!!	19 Run 2 miles easy , today!!
20 Run 3 miles easy today! Yes! You've done it again.	21 Run 2 miles easy today! Nice and easy!	22 And, now, your Rest day! Great job on that cycle!!	23 Run 3 miles easy , today. Keep it easy. You are just covering the distance!	24 Let's back off to 2 miles easy , today.	25 Run 3 miles easy , today.	26 Rest day!!!
27 Today, run 1.5 miles but do it in the following fashion: half mile easy; half mile at a slightly, and I mean slightly, faster pace ; then a half mile easy .	28 Run 2.5 miles easy . Keep this easy as recovery from yesterday.	29 Run 3 miles easy , today.	30 Today is your Rest day . In the last cycle, we worked a little harder. You earned this rest!	31 Run 3 miles easy . This is the last time you will run this distance before your race.		

November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Run 2 miles easy . We are beginning your rest into the race!	2 Run 1 mile easy today. We are tapering into the race.
3 Run 1 mile easy . It is so important to be rested for your race! You will feel great on race day!	4 Rest day , today! You are ready!!	5 Run 1 mile easy today!! You are ready!!	6 Again, run a nice easy 1 mile!	7 Rest day! Keep calm even though you know you're going to run great!	8 Rest day! Enjoy the anticipation!	9 TRIP Have a great race. Enjoy the moment! Enjoy the race!!

You have done such a great job. Don't throw it away. Rest for a week but consider getting right back into it. Check out the training programs on the web site. The appropriate ones are labeled.