

THE 5K CHALLENGE

This easy-to-follow 5K training plan will take you from beginner to 5K finisher in just five weeks. The ultimate goal is to run a full 5K at the end of your training, but each workout in this plan includes the option to walk as well. So listen to your body, and if you don't feel up for running the entire workout, it's OK to walk when you need to. Do your best and aim to add in more running as you get fitter.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	10 min run or run/walk Run/walk idea: run 1 min, walk 1 min x5	Rest or cross-train: 20-30 min* (optional)	16 min run or run/walk Run/walk idea: run 1 min, walk 1 min x8	Rest	Cross-train: 20-30 min*	1 mile run or run/walk (approx. 10-12 min)	Rest
	Training Tip: Check your shoes Before you begin training, take a look at the soles of your sneakers. If they're worn unevenly, the white midsole material is poking through the outside, or the heel looks crushed, it might be time for a new pair. Head to your local running store for expert guidance about the best fit for your feet.						
WEEK 2	20 min run or run/walk Run/walk idea: run 1 min, walk 1 min x10	Rest or cross-train: 20-30 min* (optional)	26 min run or run/walk Run/walk idea: run 1 min, walk 1 min x13	Rest	Cross-train: 30 min*	1.5 mile run or run/walk (approx. 15-18 min)	Rest
	Training Tip: Sign up "Having a set race day gives you a timely goal and extra motivation to complete your workouts," says Wagner. Because many races sell out early, you don't want to wait until the last minute to snag your spot. Visit active.com/running/5k to find a 5K near you.						
WEEK 3	18 min run or run/walk Run/walk idea: run 2 min, walk 1 min x6	Rest or cross-train: 20-30 min* (optional)	30 min run or run/walk Run/walk idea: run 2 min, walk 1 min x10	Rest	Cross-train: 30 min*	2 mile run or run/walk (approx. 20-24 min)	Rest
	Training Tip: Stay hydrated Dehydration can be an energy sapper, not to mention a performance buster, which is why staying hydrated is key to any training program. Let your urine be your guide: If it's a pale yellow, you're sipping enough. However, if you start to see it turning darker yellow, that's a sign you need to drink up.						
WEEK 4	32 min run or run/walk Run/walk idea: run 3 min, walk 1 min x8	Rest or cross-train: 20-30 min* (optional)	20 min run or run/walk Run/walk idea: run 3 min, walk 1 min x5	Rest	Cross-train: 30 min*	2.5 mile run or run/walk (approx. 25-30 min)	Rest
	Training Tip: Log those z's Sleep is always important, but it becomes even more critical when you're training for an event. That's because sleep allows your body to recover. Shoot for seven to nine hours a night, and set up a sleep schedule to help get your body into a regular routine.						
WEEK 5	35 min run or run/walk Run/walk idea: run 4 min, walk 1 min x7	Rest or cross-train: 20-30 min* (optional)	25 min run or run/walk Run/walk idea: run 4 min, walk 1 min x5	Rest	Rest	5k/3.1 miles! Run or run/walk	Celebrate! You did it!
	Training Tip: Ease your anxiety Got the jitters now that the race is approaching? Join the club. One way to quell that stress: Have a morning routine that you do every day, especially on race day, Wagner says.						

*Cross-train: Choose a low-impact activity like swimming, rowing, yoga or biking.



Participation in these physical activities could result in serious bodily injury, other risks or social economic loss. You should consult a physician or other medical professional before beginning this or any other exercise program. If you participate in physical activity as is set forth in this document, you agree to assume all such risks and responsibilities associated therewith, and agree to release and discharge Sodexo from any liability, claims, demands, losses or damages arising out of the instant activities.