



12 Week Novice Training Schedule
Walk or Run Your First 5K (3.1 Miles)*
 Compliments of The WOW Team – Join Us for Training
 Reviewed 4/2010

WEEK 1 of 12

Monday Rest
 Tuesday Walk/Run 35 minutes total, 5 minutes warm-up, 15 minutes brisk, 15 minutes cool-down
 Wednesday **Track workout** - Warm-up 1 – 2 laps, mix high knees, jumping jacks, booty burners, bicycles, and twisters, 4 lap steady, cool-down
 Thursday Rest
 Friday Cross train (Ask Coach Stephanie if you need suggestions)
 Saturday Rest or 30 minutes of your choice of exercise
 Sunday Walk/Run 35 minutes total, 5 minutes warm-up, 15 minutes brisk, 15 minutes cool-down

Note: A combination of walking and running is fine. Always time your breaks, however.

WEEK 2 of 12

Monday Rest
 Tuesday Walk/Run 35 minutes total, 5 minutes warm-up, 15 minutes brisk, 15 minutes cool-down
 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
 Thursday Rest
 Friday Cross train (Ask Coach Stephanie if you need suggestions)
 Saturday Rest or 30 minutes of your choice of exercise
 Sunday Walk/Run 35 minutes total, 5 minutes warm-up, 15 minutes brisk, 15 minutes cool-down

WEEK 3 of 12

Monday Rest
 Tuesday Walk/Run 35 minutes total, 5 minutes warm-up, 15 minutes brisk, 15 minutes cool-down
 Wednesday **Track workout** - Warm-up 1 – 2 laps, mix high knees, jumping jacks, booty burners, bicycles, and twisters, surprise workout, cool-down
 Thursday Rest
 Friday Cross train (Ask Coach Stephanie if you need suggestions)
 Saturday Rest or 30 minutes of your choice of exercise
 Sunday Walk/Run 35 minutes total, 5 minutes warm-up, 15 minutes brisk, 15 minutes cool-down

WEEK 4 of 12

Monday Rest
 Tuesday Walk/Run 35 minutes total, 5 minutes warm-up, 15 minutes brisk, 15 minutes cool-down
 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
 Thursday Rest
 Friday Cross train (Ask Coach Stephanie if you need suggestions)
 Saturday Rest or 30 minutes of your choice of exercise
 Sunday Walk/Run 35 minutes total, 5 minutes warm-up, 15 minutes brisk, 15 minutes cool-down

WEEK 5 of 12

Monday Rest
 Tuesday Walk/Run 35 minutes total, 5 minutes warm-up, 15 minutes brisk, 15 minutes cool-down
 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
 Thursday Rest
 Friday Cross train (Ask Coach Stephanie if you need suggestions)
 Saturday Rest or 30 minutes of your choice of exercise
 Sunday Walk/Run 40 minutes total, 5 minutes warm-up, 20 minutes brisk, 15 minutes cool-down

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WEEK 6 of 12

Monday Rest
 Tuesday Walk/Run 40 minutes total, 5 minutes warm-up, 20 minutes brisk, 15 minutes cool-down
 Wednesday **Track workout** - Warm-up 1 – 2 laps, mix high knees, jumping jacks, booty burners, bicycles, and twisters, ½ lap (200 meters) fast, ½ lap easy with one minute rest, repeat 5 times, cool-down
 Thursday Rest
 Friday Cross train (Ask Coach Stephanie if you need suggestions)
 Saturday Rest or 30 minutes of your choice of exercise
 Sunday Walk/Run 45 minutes total, 5 minutes warm-up, 25 minutes brisk, 15 minutes cool-down

WEEK 7 of 12

Monday Rest
 Tuesday Walk/Run for 45 minutes total, 5 minutes warm-up, 25 minutes brisk, 15 minutes cool-down
 Wednesday **Track workout** - Warm-up 1 – 2 laps, mix high knees, jumping jacks, booty burners, bicycles, and twisters, ½ lap (200 meters) fast, ½ lap easy with one minute rest, repeat 5 times, cool-down
 Thursday Rest
 Friday Cross train (Ask Coach Stephanie if you need suggestions)
 Saturday Rest or 30 minutes of your choice of exercise
 Sunday Walk/Run 50 minutes total, 5 minutes warm-up, 30 minutes brisk, 15 minutes cool-down

WEEK 8 of 12

Monday Rest
 Tuesday Walk/Run for 50 minutes total, 5 minutes warm-up, 30 minutes brisk, 15 minutes cool-down
 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 Walk/Run 55 minutes total, 5 minutes warm-up, 35 minutes brisk, 15 minutes cool-down

WEEK 9 of 12

Monday Rest
 Tuesday Walk/Run for 50 minutes total, 5 minutes warm-up, 30 minutes brisk, 15 minutes cool-down
 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 Participate in a local 5K as part of your training or Walk/Run 55 minutes total, 5 minutes warm-up, 35 minutes brisk, 15 minutes cool-down

WEEK 10 of 12

Monday Rest
 Tuesday Walk/Run for 55 minutes total, 5 minutes warm-up, 35 minutes brisk, 15 minutes cool-down
 Wednesday **Track workout** - Warm-up 1 – 2 laps, mix high knees, jumping jacks, booty burners, bicycles, and twisters, timed mile, 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 Walk/Run 60 minutes total, 5 minutes warm-up, 40 minutes brisk, 15 minutes cool-down

WEEK 11 of 12

Monday Rest
 Tuesday Walk/Run for 55 minutes total, 5 minutes warm-up, 35 minutes brisk, 15 minutes cool-down
 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 Walk/Run 60 minutes total, 5 minutes warm-up, 40 minutes brisk, 15 minutes cool-down

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WEEK 12 of 12

Monday	Rest
Tuesday	Walk/Run 30 min total = 5 min warm-up, 10 minutes brisk, 15 minutes cool-down
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	Walk/Run Steady 45 minutes or Rest depending on RHR
Friday	Rest
Saturday	Complete your Race with a big smile!
Sunday	Rest and Savor your Success

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 may need to change depending on the group and the weather

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.

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