



**6 Week Novice Training Schedule**  
**Walk or Run Your First 5K (3.1 Miles)\***  
 Compliments of the WOW Team – Join Us for Training  
 Reviewed 8/2010  
<http://gowowteam.com>

**WEEK 1 of 6**

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

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, 20 minutes brisk, 15 minutes easy  
 Wednesday Rest  
 Thursday **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  
 Friday Rest  
 Saturday Walk/Run 40 minutes total, 5 minutes warm-up, 20 minutes brisk, 15 minutes easy

**WEEK 3 of 6**

Monday Rest  
 Tuesday Walk/Run 45 minutes total, 5 minutes warm-up, 25 minutes brisk, 15 minutes easy  
 Wednesday Rest  
 Thursday **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.  
 Friday Rest  
 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 easy

**WEEK 4 of 6**

Monday Rest  
 Tuesday Walk/Run 50 minutes total, 5 minutes warm-up, 30 minutes brisk, 15 minutes easy  
 Wednesday Rest  
 Thursday **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  
 Friday Rest  
 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 easy

**WEEK 5 of 6**

Monday Rest  
 Tuesday Walk/Run for 55 minutes total, 5 minutes warm-up, 35 minutes brisk, 15 minutes easy  
 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 easy

<http://gowowteam.com> [go@gowowteam.com](mailto:go@gowowteam.com)

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San Francisco, CA 415 682-8819

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## 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	Rest
Thursday	<b>Track workout</b> - 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
Friday	Walk, Run, or Walk/Run 30 min total = 5 min warm-up, 15 minutes brisk, 10 minutes easy
Saturday	Rest
Sunday	<b>Complete your Race with a big smile!</b>

### 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](mailto:CoachStephanie@gowowteam.com) or call 415 682-8819

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