

## Beginner 5K Program

Getting ready to run your first 5K or just getting back into running? Follow this program and you'll be ready for the Scotiabank Vancouver 5K this June! This **twelve-week** program will help you get to the start line and make running part of your lifestyle! You will begin with a walk-run program for 30 minutes, gradually progressing to 45 minutes of almost constant running. Remember to keep your walk breaks to a quick power-walk pace.

WEEK	DAY 1	DAY 2	DAY 3
Apr 1–7	12m run, 8m walk, 10m run	12m run, 8m walk, 10m run	12m run, 8m walk, 10m run
Apr 8–14	13m run, 7m walk, 10m run	13m run, 7m walk, 10m run	14m run, 6m walk, 10m run
Apr 15–21	14m run, 6m walk, 10m run	14m run, 5m walk, 11m run	14m run, 5m walk, 11m run
Apr 22–28	13m run, 5m walk, 12m run	13m run, 5m walk, 12m run	14m run, 4m walk, 12m run
Apr 29–May 5	14m run, 4m walk, 12m run	15m run, 4m walk, 11m run	15m run, 4m walk, 11m run
May 6–12	15m run, 3m walk, 12m run	15m run, 3m walk, 12m run	16m run, 8m walk, 16m run
May 13–19	16m run, 8m walk, 16m run	17m run, 6m walk, 17m run	17m run, 6m walk, 17m run
May 20–26	18m run, 6m walk, 18m run	18m run, 6m walk, 18m run	19m run, 6m walk, 19m run
May 27–June 2	19m run, 6m walk, 19m run	21m run, 4m walk, 20m run	21m run, 4m walk, 20m run
June 3–9	22m run, 2m walk, 21m run	22m run, 2m walk, 21m run	22m run, 1m walk, 22m run
June 10–16	22m run, 1m walk, 22m run	30m run	35m run
June 17–23	30m run	20m run	<b>5K — Event Day!</b>

Cross-train with swimming, hiking, cycling, yoga, or strength training at least once a week on days you don't run. Make sure not to over do it on these days as they are part of your recovery process.

Recovering properly is essential to build muscle between your training days, so actually rest on those Rest Days!