

HOPE CHURCH VIRTUAL RUN/WALK

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5KM

4-WEEK 5km TRAINING PLAN FOR BEGINNERS

This 4-week training plan is specifically designed for beginners who continuously wants to run a 5km distance. It's perfect if you're a beginner with a race scheduled a month away. It will help you feel fully prepared for the race!

With this plan you'll make slight increases in your running distance, while making small decreases in your walking distance each week. After four weeks, you'll be able to run the 5km distance without taking a break to walk. Of course, if you want to take a break to walk during your 5km, that's OK!

You don't have to do your runs on specific days; however, you should try not to run 2 days in a row. Either take a complete rest day or do a cross-training on the days in between runs. Cross-training can be cycling, swimming, or any other activity (other than running) that you enjoy. Strength training three times a week is also very beneficial for runners

RUNNING PACE

There isn't an exact pace you should be striving for in your runs, everyone's fitness levels varies greatly. As a beginner, you should focus on running at a conversational pace, as you build your running endurance and confidence. Conversational pace means that you should be able to speak in complete sentences while running—you shouldn't be breathing too heavily or gasping for air. If you find yourself out of breath, slow your pace or take a break and walk it out. If you're running on a treadmill and you're not sure where to start your pace, begin at 4.0 mph and make slight increases, until you feel like you've reached your conversational pace.

WEEK-BY-WEEK PLAN

If you follow this week-by-week plan, you should be able to complete a 5km race by the end of week four, without stopping to walk.

Week 1

Day 1: Run 10 minutes, walk 1 minute, repeat
Day 2: Rest or cross-train
Day 3: Run 12 minutes, walk 1 minute, repeat
Day 4: Rest
Day 5: Run 13 minutes, walk 1 minute, repeat
Day 6: Rest or cross-train
Day 7: Rest

Week 2

Day 1: Run 15 minutes, walk 1 minute, repeat
Day 2: Rest or cross-train
Day 3: Run 17 minutes, walk 1 minute, run 7 min
Day 4: Rest
Day 5: Run 19 minutes, walk 1 minute, run 7 min
Day 6: Rest or cross-train
Day 7: Rest

Week 3

Day 1: Run 20 minutes, walk 1 minute, run 6 minutes

Day 2: Rest or cross-train

Day 3: Run 24 minutes

Day 4: Rest

Day 5: Run 26 minutes

Day 6: Rest or cross-train

Day 7: Rest

Week 4

Day 1: Run 28 minutes

Day 2: Rest or cross-train

Day 3: Run 30 minutes

Day 4: Rest

Day 5: Run 20 minutes

Day 6: Rest

Day 7: Race! Run 5km

RACE DAY TIPS

As you prepare for your 5km, here are some tips to make sure you're race-ready:

1.) Don't Overeat.

You don't have to carbohydrate load for a 5km race. Overeating may lead to gastrointestinal distress or other issues. Just eat normal-size portions, have a healthy dinner the night before. Try to stick to foods that you've eaten—nothing new.

2.) Follow Your Routine

The golden rule of racing is nothing new on race day. Make sure that you're wearing clothes and gear that you've already tested during your 4week training. You don't want to be surprised by uncomfortable clothes or painful chafing issues on race day.

3.) Do a Little Warmup

In a shorter race like a 5km, it's a good idea to do a warmup, so you slowly raise your heart rate and get your muscles warmed up. About 15 minutes before the race start, do a slow jog for about five minutes or do some warmup exercises then walk briskly to the starting line.

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For the full article, please follow the link below:

<https://www.verywellfit.com/train-for-a-5k-in-one-month-2910851>