


As with any exercise or movement-based program, participation in physical activity has inherent risks and may result in injury. Participants are encouraged to stop if they experience pain, injury or other symptoms of distress, and should seek appropriate medical advice or care as needed. Participants should not begin any physical activity program without consulting a health care professional first, and should always follow the advice of their health care professional before participating in any activities of a physical nature.

	"0" to 5K in 8 Weeks			
Week	Run 1	Run 2	Run 3	Total Mileage
1	1	1	1	3
2	1	1	1.5	3.5
3	1.5	1.5	2	5
4	2	2	2.5	6.5
5	2	2	2.5	6.5
6	2.5	2.5	3	8
7	3	2	3	8
8	3	1	5K!	7.1

Options to complete this program:

- 1. Timed Walk/Run Intervals** - After warming up, complete intervals of running for 1-4 minutes and walking 1-4 minutes. At the beginning, your walk/run ration should be the same, but as you feel more comfortable running, decrease your walk time and/or increase your run time.
- 2. By Feel** - After warming up, run SLOWLY as long as you can, walk when you feel like walking, and then run again as soon as you are ready.

In between Runs 1 and 2, complete a strength training workout such as the following:

Basic Strength Training Workout for Runners
Perform 2 sets of 8-12 repetitions of each exercise with a weight that makes completing each set challenging.
1 Slow Walking Lunges (Body Weight)
2 Squats or Leg Press
3 Deadlifts
4 Side Lunges
5 Standing Hip Drops (Body Weight)
6 Bicep Curls
7 Tricep Kickbacks
8 Lateral Shoulder Raises
9 Lying Alternating Leg Lowers
10 Plank or Plank Variations
11 Foam Roll Quads, Hamstrings, Calves, and Back

In between Runs 2 and 3, complete low impact cross-training such as yoga, swimming, water aerobics, or cycling. In between Runs 3 and the next week's Run 1, take the day off of "exercise."

NOTE: Consider the total time of cardio you are completing prior to starting this program. If the total time is more than what it will take you to complete the mileage listed above, maintain your endurance by continuing your regular cardio minus the time it takes to complete your run workout.