

FITNESS & WELLNESS

BEGINNER RUN/WALK PLAN



RecCat

RACE CLUB

GET 5K READY IN FOUR WEEKS!

Beginner Run/Walk Plan

*This plan is designed to build up your comfort and endurance for performing run/walk intervals up to 3.1 miles.

WARM-UP FOR ALL RUNS: 5 MINUTE BRISK WALK

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	1:2, 1.5 Miles	Rest	1:2, 1.75 Miles	Rest	Cross Train	1:2, 2 Miles	Rest
2	Cross Train	1.5:2, 1.5 Miles	Rest	1.5:2, 2 Miles	Rest	1.5:2, 2 Miles	Cross Train
3	2:2, 2 Miles	Rest	2:2, 2 Miles	Rest	Cross Train	2:2, 2.5 Miles	Rest
4	Cross Train	3:2, 2 Miles	Rest	3:2, 2.5 Miles	Rest	3:2, 3 Miles	Cross Train

Run/Walk your 5K!

COOL DOWN FOR ALL RUNS: 5 MINUTE WALK (START BRISK, TAPER DOWN TO A MODERATE PACE AFTER A FEW MINUTES)

Legend:

1:2, 2 miles = 1 min run or brisk walk, 2 min recovery walk for 2 miles
2:1, 3 miles = 2 min run or brisk walk, 1 min recovery walk for 3 miles

*Note: If you finish your miles in the middle of a run or brisk walking set, try to finish that set before you start cooling down. You get a little bit of extra distance!

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