

5K Training Program (Novice)

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Run/walk OR Cross-train	1.5 m run	Run/walk OR Cross-train	1.5 m run	Rest	1.5 m run	30- 60 min walk
2	Rest or run/walk OR Cross-train	1.75 m run	Run/walk OR Cross-train	1.5 m run	Rest	1.75 m run	35-60 min walk
3	Rest or run/walk OR Cross-train	2 mi run	Run/walk OR Cross-train	1.5 m run	Rest	2 m run	40-60 min walk
4	Rest or run/walk OR Cross-train	2.25 m run	Run/walk OR Cross-train	1.5 m run	Rest	2.25 m run	45-60 min walk
5	Rest or run/walk OR Cross-train	2.5 m run	Run/walk OR Cross-train	2 m run	Rest	2.5 m run	50-60 min walk
6	Run/walk OR Cross-train	2.75 m run	Run/walk OR Cross-train	2 m run	Rest	2.75 m run	55-60 min walk
7	Run/walk OR Cross-train	3 m run	Run/walk OR Cross-train	2 m run	Rest	3 m run	60 min walk
8	Rest or run/walk OR Cross-train	3 m run	Run/walk OR Cross-train	2 m run	Rest	Rest	5-K RUN!!!!

- On ‘Rest or Run/Walk days’ I encourage that you do participate in some type of Cross-training for a minimum of 30 minutes, make sure your heart rate is in its target heart rate zone. Cross-training can include biking, swimming, or just getting outside and playing with your kids and/or pets!

Age	Target HR Zone 50–85 %	Average Maximum Heart Rate 100 %
20 years	100–170 beats per minute	200 beats per minute
25 years	98–166 beats per minute	195 beats per minute
30 years	95–162 beats per minute	190 beats per minute
35 years	93–157 beats per minute	185 beats per minute
40 years	90–153 beats per minute	180 beats per minute
45 years	88–149 beats per minute	175 beats per minute
50 years	85–145 beats per minute	170 beats per minute
55 years	83–140 beats per minute	165 beats per minute
60 years	80–136 beats per minute	160 beats per minute
65 years	78–132 beats per minute	155 beats per minute

You're maximum heart rate is about 220 minus your age. These figures above are averages, so use them as general guidelines