



Training Plan for 5 KM Run

This plan is designed for beginners with little or no running experience. Consult your health care provider first if you have concerns about starting an exercise program.

Run three days per week ideally with one day of rest between workouts and modify workouts as necessary for your fitness level. Before each workout do a 3 to 5 minute warm-up such as a brisk walk or some jumping jacks. Finish each workout with a 3 to 5 minute cool-down walk.

Plan for Day 1 and Day 2 workouts each week around your schedule.

Day 3 can also be scheduled on your own or you can join the group run which will take place Saturday mornings at 9:00 AM, starting at the Victoria Park Pavillion (12030 River Valley Rd NW).

Make it FUN by:

- inviting friends and family to join you
- tagging your workout photos on social media with #yegpriderun
- connect with us and other participants in our [Facebook Run Training Group](#)

**Training Plan
for 5 KM Run**

	Day 1	Day 2	Day 3 Group Run Meets Saturdays @ 9 AM Victoria Park Pavillion
Week 1 April 21 – 27	Warm up 1 minute of jogging followed by 2 minutes of walking for a total of 21 minutes Cool down	Warm up 1 minute of jogging followed by 2 minutes of walking for a total of 21 minutes Cool down	Warm up 1 minute of jogging followed by 2 minutes of walking for a total of 21 minutes Cool down
Week 2 April 28 – May 4	Warm up 1 minute of jogging followed by 1 minute of walking for a total of 22 minutes Cool down	Warm up 1 minute of jogging followed by 1 minute of walking for a total of 22 minutes Cool down	Warm up 1 minute of jogging followed by 1 minute of walking for a total of 22 minutes Cool down
Week 3 May 5 – 11	Warm up 2 minutes of jogging followed by 1 minute of walking for a total of 24 minutes Cool down	Warm up 3 minutes of jogging followed by 3 minutes of walking for a total of 24 minutes Cool down	Warm up 2 minutes of jogging followed by 1 minute of walking for a total of 24 minutes Cool down
Week 4 May 12 – 18	Warm up 4 minutes of jogging followed by 2 minutes of walking for a total of 24 minutes Cool down	Warm up 5 minutes of jogging followed by 3 minutes of walking for a total of 24 minutes Cool down	Warm up 4 minutes of jogging followed by 2 minutes of walking for a total of 24 minutes Cool down
Week 5 May 19 – 25	Warm up 6 minutes of jogging followed by 2 minutes of walking for a total of 24 minutes Cool down	Warm up 8 minutes of jogging followed by 90 seconds of walking for a total of 19 minutes Cool down	Warm up 6 minutes of jogging followed by 2 minutes of walking for a total of 24 minutes Cool down
Week 6 May 26 – June 1	Warm up 10 minutes of jogging followed by 1 minute of walking for a total of 22 minutes Cool down	Warm up 20 minutes of jogging, walking only if needed Cool down	Warm up 3.5 KM of jogging, walking only if needed Cool down
Week 7 June 2 – June 8	Warm up 4 KM or 25 minutes of jogging, walking only if needed Cool down	Warm up 4 KM or 25 minutes of jogging, walking only if needed Cool down	Warm up 4.5 KM or 28 minutes of jogging, walking only if needed Cool down
Week 8 June 9 – June 15	Warm up 3.5 KM of jogging, walking only if needed Cool down	Warm up 20 minutes of jogging, walking only if needed Cool down	 <p>Race Day! June 15 @ 10 AM RE/MAX Field</p>