

Don't go it alone...grab a friend or a group and get going. Below is an idea to get started....

Warm-up

Warming up is so important. Make sure you take 5 minutes to warm up before running and a 5 minute cool down too.

Stretching

Stretching is one of the most important practices in running and walking. Enjoy a great stretching routine to prevent injury.

Water, water, and more water

Staying hydrated is important every day, not just days you are working out. 2 liters of water every day and good nutrition. Food is fuel and you need a balance of healthy food to fuel your run.

Grab a group

You may not be feeling like a leader and able to help others achieve their goals but you can. Schedule some time to work out together. Recruit help of experienced runners. Keep each other motivated through messages, calls, healthy snacks, anything to keep you going.

Our group would have an experienced runner leading one day a week and the group would run on days that worked for them. Everyone at their own pace but it was so great to share tips, struggles, and success. It will be so worth it!!

Real Freedom 5 K Training Plan



**August 12, 2017
Necedah WI ~ Lion's Park**

**Start by June and be on
your way to running (or
walking) a 5k**

Week one

Begin with a brisk five-minute walk, then alternate 60 seconds of running and 90 seconds of walking, for a total of 20 minutes.

Week two

Begin with a brisk five-minute walk, then alternate 90 seconds of running with two minutes of walking, for a total of 20 minutes.

Week three

Begin with a brisk five-minute walk, then two repetitions of 90 seconds of running, 90 seconds of walking, three minutes of running and three minutes of walking.

Week four

Begin with a brisk five-minute walk, then three minutes of running, 90 seconds of walking, five minutes of running, two-and-a-half minutes of walking, three minutes of running, 90 seconds of walking and five minutes of running.

Week five

There are three different workouts for this week, which are:

Workout one: a brisk five-minute walk, then five minutes of running, three minutes of walking, five minutes of running, three minutes of walking and five minutes of running.

Workout two: a brisk five-minute walk, then eight minutes of running, five minutes of walking and eight minutes of running.

Workout three: a brisk five-minute walk, then 20 minutes of running, with no walking.

Week six

There are three different workouts for this week, which are:

Workout one: a brisk five-minute walk, then five minutes of running, three minutes of walking, eight minutes of running, three minutes of walking and five minutes of running.

Workout two: a brisk five-minute walk, then 10 minutes of running, three minutes of walking and 10 minutes of running.

Workout three: a brisk five-minute walk, then 25 minutes of running with no walking.

Week seven

Begin with a brisk five-minute walk, then 25 minutes running.

Week eight

Begin with a brisk five-minute walk, then 28 minutes of running.

Week nine

Begin with a brisk five-minute walk, then 30 minutes of running.