

# Total Health Systems Run/Walk 5 k Training Plan

Week	Workout 1	Workout 2	Workout 3
Week of July 7	Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.	Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.	Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.
Week of July 14	Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.	Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.	Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.
Week of July 21	Brisk five-minute warmup walk, then do two repetitions of the following: <ul style="list-style-type: none"> <li>Jog 200 yards (or 90 seconds)</li> <li>Walk 200 yards (or 90 seconds)</li> <li>Jog 400 yards (or 3 minutes)</li> <li>Walk 400 yards (or three minutes)</li> </ul>	Brisk five-minute warmup walk, then do two repetitions of the following: <ul style="list-style-type: none"> <li>Jog 200 yards (or 90 seconds)</li> <li>Walk 200 yards (or 90 seconds)</li> <li>Jog 400 yards (or 3 minutes)</li> <li>Walk 400 yards (or three minutes)</li> </ul>	Brisk five-minute warmup walk, then do two repetitions of the following: <ul style="list-style-type: none"> <li>Jog 200 yards (or 90 seconds)</li> <li>Walk 200 yards (or 90 seconds)</li> <li>Jog 400 yards (or 3 minutes)</li> <li>Walk 400 yards (or three minutes)</li> </ul>
Week of July 28	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> <li>Jog 1/4 mile (or 3 minutes)</li> <li>Walk 1/8 mile (or 90 seconds)</li> <li>Jog 1/2 mile (or 5 minutes)</li> <li>Walk 1/4 mile (or 2-1/2 minutes)</li> <li>Jog 1/4 mile (or 3 minutes)</li> <li>Walk 1/8 mile (or 90 seconds)</li> <li>Jog 1/2 mile (or 5 minutes)</li> </ul>	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> <li>Jog 1/4 mile (or 3 minutes)</li> <li>Walk 1/8 mile (or 90 seconds)</li> <li>Jog 1/2 mile (or 5 minutes)</li> <li>Walk 1/4 mile (or 2-1/2 minutes)</li> <li>Jog 1/4 mile (or 3 minutes)</li> <li>Walk 1/8 mile (or 90 seconds)</li> <li>Jog 1/2 mile (or 5 minutes)</li> </ul>	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> <li>Jog 1/4 mile (or 3 minutes)</li> <li>Walk 1/8 mile (or 90 seconds)</li> <li>Jog 1/2 mile (or 5 minutes)</li> <li>Walk 1/4 mile (or 2-1/2 minutes)</li> <li>Jog 1/4 mile (or 3 minutes)</li> <li>Walk 1/8 mile (or 90 seconds)</li> <li>Jog 1/2 mile (or 5 minutes)</li> </ul>
Week of August 4	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> <li>Jog 1/2 mile (or 5 minutes)</li> <li>Walk 1/4 mile (or 3 minutes)</li> <li>Jog 1/2 mile (or 5 minutes)</li> <li>Walk 1/4 mile (or 3 minutes)</li> <li>Jog 1/2 mile (or 5 minutes)</li> </ul>	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> <li>Jog 3/4 mile (or 8 minutes)</li> <li>Walk 1/2 mile (or 5 minutes)</li> <li>Jog 3/4 mile (or 8 minutes)</li> </ul>	Brisk five-minute warmup walk, then jog two miles (or 20 minutes) with no walking.

# Total Health Systems Run/Walk 5 k Training Plan

<b>Week of August 11</b>	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> <li>• Jog 1/2 mile (or 5 minutes)</li> <li>• Walk 1/4 mile (or 3 minutes)</li> <li>• Jog 3/4 mile (or 8 minutes)</li> <li>• Walk 1/4 mile (or 3 minutes)</li> <li>• Jog 1/2 mile (or 5 minutes)</li> </ul>	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> <li>• Jog 1 mile (or 10 minutes)</li> <li>• Walk 1/4 mile (or 3 minutes)</li> <li>• Jog 1 mile (or 10 minutes)</li> </ul>	Brisk five-minute warmup walk, then jog 2-1/4 miles (or 22 minutes) with no walking.
<b>Week of August 18</b>	Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes).if needed walk, but try to pace self so very few walks are needed.	Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes). if needed walk, but try to pace self so very few walks are needed.	Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes). if needed walk, but try to pace self so very few walks are needed.
<b>Week of August 25</b>	Brisk five-minute warmup walk, then jog 2.75 miles (or 28 minutes).	Brisk five-minute warmup walk, jog a little faster than yesterday's jog for 5 min, then walk for 1. Repeat for 3 miles or 30 minutes	Brisk five-minute warmup walk, then jog 2.75 miles (or 28 minutes).
<b>Week of Sept 1</b>	Brisk five-minute warmup walk, then jog 3 miles (or 30 minutes).	Brisk five-minute warmup walk, jog a little faster than yesterday's jog for 5 min, then walk for 1. Repeat for 3 miles or 30 minutes	Brisk five-minute warmup walk, then jog 3 miles (or 30 minutes)
<b>Week of Sept 8</b>	Brisk five-minute warmup walk, then jog 3 miles (or 30 minutes).	Brisk five-minute warmup walk, jog a little faster than yesterday's jog for 5 min, then walk for 1. Repeat for 3 miles or 30 minutes	The final workout! Congratulations! Brisk five-minute warmup walk, then jog 3 miles (or 30 minutes)

Group Training Run and walks on the following Saturday's at 11:15 from the Chesterfield Location. This is a non competitive fun run. It's a chance to meet other runners and learn from each other and pick our trainer Stefanie's brain.