

BEGINNER 5K TRAINING PLAN

Week of:

	monday	tuesday	wednesday	thursday	friday	saturday	sunday
2/4	Rest or run/walk	1.5 mi run	Rest or run/walk	1.5 mi run	Rest	1.5 mi run	30 min walk
2/11	Rest or run/walk	1.75 mi run	Rest or run/walk	1.5 mi run	Rest	1.75 mi run	35 min walk
2/18	Rest or run/walk	2 mi run	Rest or run/walk	1.5 mi run	Rest	2 mi run	40 min walk
2/25	Rest or run/walk	2.25 mi run	Rest or run/walk	1.5 mi run	Rest	2.25 mi run	45 min walk
3/4	Rest or run/walk	2.5 mi run	Rest or run/walk	2 mi run	Rest	2.5 mi run	50 min walk
3/11	Rest or run/walk	2.75 mi run	Rest or run/walk	2 mi run	Rest	2.75 mi run	55 min walk
3/18	Rest or run/walk	3 mi run	Rest or run/walk	2 mi run	Rest	3 mi run	60 min walk
3/25	Rest or run/walk	3 mi run	Rest or run/walk	2 mi run	Rest	Hospice of Acadiana 5K!	Plan by Hal Higdon

PACING INFORMATION:

At the beginning you will likely incorporate more walking on your run days. Over time, try reducing your walk time and increasing your run time. Your pace isn't as important as covering the distance.

TRACKING YOUR RUN:

To track your distance, you can utilize a GPS watch, download a free app on your phone like "Runkeeper" or "MapMyRun", or measure a street's distance in your car and run! The Girard Park track is 1.25 mi long.

GROUP RUNS:

Join us on February 23rd and March 16th for a group run led by **Cajun Road Runners Club** from **Geaux Run!**

MORE INFORMATION

Visit HospiceAcadiana.com/news/ or email the Race Director, Fawn Hernandez, at fmviator@gmail.com

