

# Momentum of Milwaukee Presents:

## Run for the Hills Beginner 5k Training Plan



Week	Week Date	Monday	Tuesday	Weds.	Thursday	Friday	Saturday/Sunday	
1	15-Feb	Cross Train (XT) 25 Minutes	WU: 5 min walking. For 10 minutes: Run 30 seconds, Walk 30 Seconds. CD: Walk 10 minutes	Rest	WU: 5 min walking. Run 2 Minutes, Walk 1 min. Repeat 10 times. CD: 5 Min Walking	Cross Train (XT) 25 Minutes	WU: 5 min walking. Run 0.5 Miles. CD: 5 min walking	
2	22-Feb	Cross Train (XT) 25 Minutes	WU: 5 min walking. For 15 minutes: Run 30 seconds, Walk 30 Seconds. CD: Walk 10 minutes	Rest	WU: 5 min walking. Run 2 Minutes, Walk 1 min. Repeat 10 times. CD: 5 Min Walking	Cross Train (XT) 25 Minutes	Run 0.75 Miles	
3	29-Feb	Cross Train (XT) 30 Minutes	WU: 0.5M walk. Run 0.25, walk 1 min. Repeat. CD: 5 min walk	Rest	WU: 5 min walking. For 20 Minutes: Run 3 Minutes, Walk 30 seconds. CD: 5 Min Walking	Cross Train (XT) 30 Minutes	Run 1 Mile	
4	7-Mar	Cross Train (XT) 30 Minutes	WU: 0.5M walk. Run 0.25, walk 1 min. Repeat 2 times. CD: 5 min walk	Rest	WU: 5 min walking. For 20 Minutes: Run 3 Minutes, Walk 30 seconds. CD: 5 Min Walking	Cross Train (XT) 30 Minutes	Run 1.25 Miles	
5	14-Mar	Cross Train (XT) 35 Minutes	WU: 0.5M walk. Run 0.5M, walk 1 min. Repeat. CD: 5 min walk	Rest	Run 10 Minutes	Cross Train (XT) 35 Minutes	Run 1.5 Miles	
6	21-Mar	Cross Train (XT) 35 Minutes	Run 1 Mile + 10 Min XT	Rest	WU: 5 minutes EASY jog. 0.25 Miles fast, rest 90 sec. Repeat 3 times. CD: 5 minutes walking	Cross Train (XT) 35 Minutes	Run 2.0 Miles	
7	28-Mar	Cross Train (XT) 40 Minutes	Run 1.5 Miles. Try to make sure there are hills on this route or bring treadmill to 2.0 incline	Rest	Run 20 Minutes	Cross Train (XT) 40 Minutes	Run 2.25 Miles Miles	
8	4-Apr	Cross Train (XT) 40 Minutes	Run 1 Mile + 10 Min XT	Rest	WU: 5 minutes EASY jog. 0.25 Miles fast, rest 90 sec. Repeat 5 times. CD: 5 minutes walking	Cross Train (XT) 40 Minutes	Run 2.75 Miles	
9	11-Apr	Cross Train (XT) 25 Minutes	Run 2 Miles. Try to make sure there are hills on this route or bring treadmill to 2.0 incline	Rest	Run 25 Minutes	Cross Train (XT) 25 Minutes	Run 2 Miles	
10	18-Apr	Cross Train (XT) 25 Minutes	Run 1 Mile + 10 Min XT	Rest	Run 2 Miles	Cross Train (XT) 25 Minutes	Rest or 1 Mile Easy!	Race Day!!!

**Legend:**

WUCD = warm up, cool down. ALWAYS an EASY pace.

M = Miles

Rest = No workout

XT= CARDIO that isn't running: swimming, biking, elliptical, rowing, walking

Questions or interested in customized programing? Email Nicole at MomentumMKE@gmail.com

Run "x" Minutes: Goal is to run this entire time. Try to not to walk, but go as slow as you want!



It is recommend that you have clearance from your doctor before beginning any exercise program.

You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge Momentum of Milwaukee from any and all claims or causes of action, known or unknown, arising out of Momentum's negligence.