

Pilgrim Pacer 5K / Sunday, November 20

5K Beginner Running Training Program

Week of:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday*
October 3	Rest	Walk 5' Run 2' Repeat 2 times Walk 5'	Rest	Walk 5' Run 2' Repeat 2 times Walk 5'	Rest	Walk 5' Run 2' Repeat 2 times Walk 5'	Cross train 30'
October 10	Rest	Walk 5' Run 3' (Repeat 2 times) Walk 5'	Rest	Walk 5' Run 3' (Repeat 2 times) Walk 5'	Rest	Walk 5' Run 3' (Repeat 2 times) Walk 5'	Cross train 30 min
October 17	Rest	Walk 4' Run 4' (Repeat 2 times) Walk 5'	Rest	Walk 4' Run 4' (Repeat 2 times) Walk 5'	Rest	Walk 4' Run 4' (Repeat 2 times) Walk 5'	Cross train 30 min
October 24	Rest	Walk 3' Run 6' (Repeat 2 times) Walk 5'	Rest	Walk 3' Run 6' (Repeat 2 times) Walk 5'	Rest	Walk 3' Run 6' (Repeat 2 times) Walk 5'	Cross train 35 min
October 31	Rest	Walk 2' Run 8' (Repeat 2 times) Walk 5'	Rest	Walk 2' Run 8' (Repeat 2 times) Walk 5'	Rest	Walk 2' Run 10' (Repeat 2 times) Walk 5'	Cross train 35 min
November 7	Rest	Walk 1' Run 10' (Repeat 2 times) Walk 5'	Rest	Walk 1' Run 10' (Repeat 2 times) Walk 5'	Rest	Walk 1' Run 15' (Repeat 1 times) Walk 5'	Cross train 30 min
November 14	Rest	Walk 1' Run 15' (Repeat) Walk 5'	Rest	Walk 1' Run 15' (Repeat) Walk 5'	Rest	Rest	Pilgrim Pacer!

Notes:

- Warm up and cool down slowly.
- Try to keep a steady pace while running. Start out running comfortably so you can finish the entire run.
- Ideas for cross training are swimming, elliptical, bike, or a group fitness class.
- If you are doing boot camp, Sunday is a good day for complete rest. Your muscles need time to recover.



Pilgrim Pacer 5K / Sunday, November 20

Intermediate Training Program (First 5K)

Week of:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday*
October 3	Rest	Run 15'	Rest	Run 15'	Rest	Run 20'	Cross train 30'
October 10	Rest	Run 18'	Rest	Run 18'	Rest	Run 23'	Cross train 30'
October 17	Rest	Run 20'	Rest	Run 20'	Rest	Run 25'	Cross train 30'
October 24	Rest	Run 25'	Rest	Run 25'	Rest	Run 30'	Cross train 30'
October 31	Rest	Run 25'	Rest	Run 25'	Rest	Run 30'	Cross train 30'
November 7	Rest	Run 30'	Rest	Run 30'	Rest	Run 35'	Cross train 30'
November 14	Rest	Run 30'	Rest	Run 30'	Rest	Rest	Pilgrim Pacer!

Notes:

- Warm up and cool down slowly.
- Try to keep a steady pace while running. Start out running comfortably so you can finish the entire run.
- Ideas for cross training are swimming, elliptical, bike, or a group fitness class.
- If you are doing boot camp, Sunday is a good day for complete rest. Your muscles need time to recover.



Pilgrim Pacer 5K / Sunday, November 20

Improve Your Time 5K Training Program (Experienced 5K)

Week of:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
October 3	Rest	Run 30' easy	Warm up 10' 3 x (400 at mile pace + 2' easy) Cool down 10'	Run 30' easy	Rest	Run 40' easy	Rest
October 10	Rest	Run 30' easy	Tempo Run: Run 10' easy 10' at 5K race pace 10' easy	Run 30' easy	Rest	Run 40' easy	Rest
October 17	Rest	Run 30' easy	Run 30' with 6 x 20" pick-up inserted in the run	Run 30' easy	Rest	Run 40' easy	Rest
October 24	Rest	Run 30' easy	Warm up 10' 4 x (400 at mile pace + 2' easy) Cool down 10'	Run 30' easy	Rest	Run 45' easy	Rest
October 31	Rest	Run 30' easy	Warm up 10' 6 x 20" hill repeats 10' easy	Run 30' easy	Rest	Run 45' easy	Rest
November 7	Rest	Run 30' easy	Warm up 10' 15' at 5K race pace Cool down 10'	Run 30' easy	Rest	5K Test Practice 5K run Include warm up prior to running (simulate race day)	Rest
November 14	Rest	Run 30' easy	Warm up 10' Run 20' at 5K race pace 10' easy	Run 30' easy	Rest	Rest	Pilgrim Pacer!

Notes:

- Try to keep a steady pace while running. Start out running slower than you think you can run so you can finish the entire run time.
- The 400's should be done at a track. 400 is one time around on a standard high school track. If no track is available, 400 is ¼ mile.

