

Never ran or walked a 5k before? No problem, we are here to help! This is a true office chair to 5k training plan. Our only goal here is to finish the 5k and have fun! If you are looking for a more advanced 5k plan, feel free to contact FIT-KAT and together we can plan to reach your goals!

Every workout should include a 5 minute warm-up, 5 minute cool-down, and a stretch. If possible, try to do your Thursday runs with your corporate team. Cross training can be anything you enjoy...elliptical, bike, swim, etc. Get in that target heart rate zone and enjoy the break from running.

Week 1

Friday	Rest
Saturday	(Run 30 seconds, Walk 90 seconds) x 9
Sunday	Rest
Monday	Jog/Walk 2 miles
Tuesday	Rest
Wednesday	Cross Train – 30 minutes
Thursday	28 minute Jog

Week 2

Friday	Rest
Saturday	(Run 1 minute, Walk 1 minute) x 10
Sunday	Rest
Monday	Jog/Walk 2.2 miles
Tuesday	Rest
Wednesday	Cross Train – 30 minutes
Thursday	30 minute Jog

Week 3

Friday	Rest
Saturday	(Run 2 minutes, Walk 90 seconds) x 6
Sunday	Rest
Monday	Jog/Walk 2.5 miles
Tuesday	Rest
Wednesday	Cross Train – 30 minutes
Thursday	32 minute Jog

Week 4

Friday	Rest
Saturday	(Run 3 minutes, Walk 1 minute) x 6
Sunday	Rest
Monday	Jog/Walk 2.75 miles
Tuesday	Rest
Wednesday	Cross Train – 30 minutes
Thursday	34 minute Jog

Week 5

Friday	Rest
Saturday	(Run 4 minutes, Walk 1 minute) x 6
Sunday	Rest
Monday	Jog/Walk 3 miles
Tuesday	Rest
Wednesday	Cross Train – 30 minutes
Thursday	36 minute Jog

Week 6

Friday	Rest
Saturday	(Run 5 minutes, Walk 1 minute) x 5
Sunday	Rest or cross train
Monday	Walk 10 min, run 20 minutes
Tuesday	Rest
Wednesday	Rest
Thursday	Race Day!! Have fun and enjoy yourself

FIT-KAT provides personal training, run training, triathlon training, and online training for every budget and every schedule! Contact us today (315) 521-1032 and like us on Facebook for free support every day!

I've lost over 100 pounds myself, now I'm going to help YOU!

<https://www.facebook.com/fitkatpersonaltraining>