

3K Beginning Training Plan - Running

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Saturday's Date
1	run 1	rest or walk	easy 0.75	rest or walk	run 1	walk 45 min.	rest or walk	8/26
2	run 1	rest or walk	easy 1	rest or walk	run 1.5	walk 45 min.	rest or walk	9/2
3	run 1.5	rest or walk	easy 1	rest or walk	run 1.5	walk 45 min.	rest or walk	9/9
4	run 1.75	rest or walk	easy 1.5	rest or walk	run 1.75	walk 60 min.	rest or walk	9/16
5	run 1.75	rest or walk	easy 1.5	rest or walk	run 1.75	walk 60 min.	rest or walk	9/16
6	run 2	rest or walk	easy 1.5	rest or walk	run 2	walk 60 min.	rest or walk	9/23
7	run 2.25	rest or walk	easy 1.5	rest or walk	run 2.25	walk 60 min.	rest or walk	9/30
8	run 2	rest or walk	easy 1.5	rest 0	rest 0	RACE! 3K	rest	10/7

This program starts assuming a low level of activity initially so jump in at the week just before where you think your abilities will currently allow.

Similarly, it starts with one mile of running. If you do not feel that you can run one mile straight yet, alternate running for 2 minutes and walking for 1 minute periods initially. Once this is comfortable, increase the running segments and decrease the walking segments until you are comfortable running one mile. At that point, progress with the training program.

If you don't know the exact mileage of your routes, you can run by time. Assuming a running pace of between 10-11 minute miles, a:

- .75 mile run = 7:30 to 8:15 minutes
- 1 mile run = 10 to 11 minutes
- 1.25 mile run = 12:30 - 13:45 minutes
- 1.5 mile run = 15 to 16:30 minutes
- 1.75 mile run = 17:30 to 19:15 minutes
- 2 mile run = 20 to 22 minutes
- 2.25 mile run = 22:30 to 24:45 minutes

Feel free to change days around as this is only a guide. But be sure to include a rest/walk day in between runs.

An "Easy" day should be done SLOWER than your "Run" pace. It should truly be so easy -- not much effort at all.

Once you've mastered a 3K, a 5K is only one more mile and you will be ready for it! So find one and go for it!!!! They are plentiful in the fall. Check out the NC Roadrunner calendar at www.ncroadrunners.org for a race calendar.