

Walker to Landrunner 5K Training Schedule

	Sat	Sun	Mon	Tues	Wed	Thurs	Fri
1	1 mile June 18	Walk or XT	15 min run	Walk or XT	15 min run	Walk or XT	Rest
2	1.5 miles June 25	Walk or XT	15 min run	Walk or XT	20 min run	Walk or XT	Rest
3	1.75 miles July 2	Walk or XT	20 min run	Walk or XT	20 min run	Walk or XT	Rest
4	2 miles July 9	Walk or XT	20 min run	Walk or XT	25 min run	Walk or XT	Rest
5	2.25 miles July 16	Walk or XT	25 min run	Walk or XT	25 min run	Walk or XT	Rest
6	2.5 miles July 23	Walk or XT	25 min run	Walk or XT	30 min run	Walk or XT	Rest
7	2.75 miles July 30	Walk or XT	30 min run	Walk or XT	30 min run	Walk or XT	Rest
8	3 miles Aug 6	Walk or XT	30 Min run	Walk or XT	35 Min run	Walk or XT	Rest
Goal Race	<p>Midnight Streak – 5K run for the Arts – August 20, 2016 Downtown Oklahoma – Evening Run. Last year the first 500 entries got a T-shirt hand-drawn by an Oklahoma artist.</p> <p>Watch the following site for info and registration - http://oklahomacontemporary.org/events/midnight-streak/</p>						

The Goal Race for this session is the Midnight Streak – 5K run for the Arts – Downtown OKC

1. Week 1 Saturday is orientation and a 1 mile walk, run, or combination – depending on your fitness level. For this week only, we will begin our walk at 7:15am, after reviewing the orientation notes. Every week thereafter, we will begin gathering at 6:45am, go over questions and discuss fitness topics that many beginning walkers and runners have questions about.

2. Starting with Week 2, all workouts will commence at 7am sharp.

3. During the week, workouts are measured in minutes, rather than miles. For most people, it is much easier to measure minutes. You will increase your time every 2 weeks, on a Wednesday. It is important to get in at least 3 run/walk workouts each week, which includes Saturday. It will improve your overall fitness and ability to complete a 5k with a smile.

4. The Saturday workout is based on mileage to give you a feel for how long it will take you to complete your goal race, and to see measurable improvements in your fitness level.

5. Walk or XT days: Every other day you can cross-train instead of run. Cross country ski machines, water running, cycling, and any other mode which you find fun and interesting (but non-pounding) will improve overall fitness. Some people enjoy filling their cross-train days with a moderate weight routine workout.