

**Time to get off the couch and accomplish those fitness goals that, until now, you've only dreamed about. You have taken the most important step already by signing up for this program. Welcome to a wonderful, shared journey! Let's get moving!**

# **6 Week 5K Novice Training Schedule**

From Couch to Accomplished

Stephanie Atwood, M.A., USATF, RRCA, NASM  
[Ask Coach Stephanie](#)



## 6 Week Novice Training Schedule Walk or Run Your First 5K (3.1 Miles)\* RACE

Compliments of Coach Stephanie and the WOW Team

Join Us for Training

Reviewed 8-2011

Website: [Go WOW Team](#)

Website: [Ask Coach Stephanie](#)

**Pre Weeks:** Pre weeks refer to all the weeks you need to get up to moving 60 minutes without stopping. Run or walk or mix, no matter. Add about 5 minutes a week to wherever you begin and, keep building. Once you are moving continuously for 60 minutes then you are ready for the next phase of your lifelong fitness journey! Take your time...enjoy the experience.

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### WEEK 1 of 6

Monday Rest  
 Tuesday Walk/Run 35 minutes total, 5 minutes warm-up, 30 minutes with 5 X 1 minute brisk (run or walk) in 30 minutes total. Walk or Mix Run/Walk.  
 Wednesday On Track if possible - Warm-up 1 – 2 laps, mix high knees, jumping jacks, booty burners, bicycles, and twisters, 4 laps steady, cool-down  
 Thursday Rest  
 Friday Cross Train  
 Saturday Rest or Cross train (Ask Coach Stephanie if you need suggestions)  
 Sunday 60 minutes total workout, 5 minutes warm-up, 1 minute hard (run or walk) 1 minute easy (walk), repeat 5 times. Walk for 45 minutes steady.

Note: *Walk, run or a combination of walking and running is fine. Always time your breaks, however. In other words, it is not OK to just walk a little, run a little. You must have a system. Ask about run/walk technique if you are interested.*

### WEEK 2 of 6

Monday Rest  
 Tuesday Walk/Run 40 minutes total, 5 minutes warm-up, 35 minutes with 6 X 1 minute brisk (run or walk) in 35 minutes total. Walk or Mix Run/Walk.  
 Wednesday On Track if possible - Warm-up 1 – 2 laps, mix high knees, jumping jacks, booty burners, bicycles, and twisters, 100 meters fast, walk back, repeat 5 times, cool-down  
 Thursday Rest  
 Friday Cross Train  
 Saturday 60 minutes total workout, 5 minutes warm-up, 1 minute hard (run or walk) 1 minute easy (walk), repeat 10 times. Walk for 35 minutes steady.

### WEEK 3 of 6

Monday Rest  
 Tuesday Walk/Run 45 minutes total, 5 minutes warm-up, 40 minutes with 7 X 1 minute brisk (run or walk) in 40 minutes total. Walk or Mix Run/Walk.  
 Wednesday On Track if possible - Warm-up 1 – 2 laps plus mix high knees, jumping jacks, booty burners, bicycles, and twisters. Walk, run, or run/walk a mile (4 laps) for a time. Cool-down 1 – 2 laps.  
 Thursday Rest  
 Friday Cross Train  
 Saturday Rest or 30 minutes of your choice of exercise  
 Sunday 60 minutes total workout, 5 minutes warm-up, 1 minute hard (run or walk) 1 minute easy (walk), repeat 15 times. Walk for 25 minutes steady.

[Go WOW Team](#) and [Ask Coach Stephanie](#)

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### WEEK 4 of 6

Monday	Rest
Tuesday	Walk/Run 50 minutes total, 5 minutes warm-up, 45 minutes with 8 X 1 minute brisk (run or walk) in 45 minutes total. Walk or Mix Run/Walk.
Wednesday	On Track if possible - Warm-up 1 – 2 laps, mix high knees, jumping jacks, booty burners, bicycles, and twisters, 100 meters fast, walk back, repeat 5 times, cool-down 1 – 2 laps
Thursday	Rest
Friday	Cross Train
Saturday	Rest or 30 minutes of your choice of exercise
Sunday	60 minutes total workout, 5 minutes warm-up, 1 minute hard (run or walk) 1 minute easy (walk), repeat 20 times. Walk for 15 minutes steady.

### WEEK 5 of 6

Monday	Rest
Tuesday	Walk/Run 55 minutes total, 5 minutes warm-up, 50 minutes with 9 X 1 minute brisk (run or walk) in 50 minutes total. Walk or Mix Run/Walk.
Wednesday	On Track if possible - Warm-up 1 – 2 laps, mix high knees, jumping jacks, booty burners, bicycles, and twisters, 400 meters hard w/with one minute rest, repeat 5 times, cool-down 1 mile
Thursday	Rest
Friday	Cross train (Ask Coach Stephanie if you need suggestions)
Saturday	Rest or 30 minutes of your choice of exercise
Sunday	60 minutes total workout, 5 minutes warm-up, 1 minute hard (run or walk) 1 minute easy (walk), repeat 25 times. Walk for 5 minutes steady.

### WEEK 6 of 6

Monday	Rest
Tuesday	Walk, Run, or Walk/Run 30 min total = 5 min warm-up, 15 minutes brisk, 10 minutes easy
Wednesday	On Track if possible - Warm-up 1 – 2 laps plus high knees, jumping jacks, booty burners, bicycles, and twisters for warm-up. 400 meters hard with one minute rest, repeat 5 times, cool-down 1 mile
Thursday	Wednesday Rest
Friday	Walk, Run, or Walk/Run 30 min total = 5 min warm-up, 15 minutes brisk, 10 minutes easy
Saturday	Rest
Sunday	<b>Complete your Race with a big smile!</b>

### Details

- **For first time competitors. Even if you walk the entire race, you can complete a 5K with this training program.** You are building up your strength, endurance, and confidence with this program. You CAN DO THIS!!
- When the schedule says “fast or brisk” make your pace FAST meaning it is not easy to talk, and you should be breathing HARD – not out of breath but deep and full breathing – no long conversations at this time.
- Cross Training (**X-Training**) refers to other kinds of exercise. This could be biking, hiking, swimming, yoga, gym workouts, etc. One of the benefits of cross training is that it uses different muscle groups and provides a change of “pace”.
- Track workouts can be done on your own or join our group on Wednesdays if you are in the WOW Team Neighborhood.

### Stretching

Always allow time for stretching after you run!

### RHR = Resting Heart Rate

Please start monitoring your morning resting heart rate and get a normal rate for yourself. If you are more than 5 – 10 beats higher, on your morning review, please rest rather than work out hard. An easy walk is usually OK, even if you are feeling a bit tired or stressed but pushing your body will not allow the recovery you need to get stronger. Listen to your body.

For more information about training with Coach Stephanie go to [GoWOWTeam.com](http://GoWOWTeam.com) or [AskAboutRunning.com](http://AskAboutRunning.com)

## Go For It!

[Go WOW Team](http://GoWOWTeam.com) and [Ask Coach Stephanie](http://AskCoachStephanie.com)

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