






TRAINING PLAN

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Jan. 7	Run 8 min, Walk 1 min, 2X	Rest or Cross Train	Run 10 min, Walk 1 min, 2X	Rest	Run 12 min, Walk 1 min, 2X	Rest or Cross Train	Rest
Jan. 14	Run 14 min, Walk 1 min, 2X	Rest or Cross Train	Run 16 min, Walk 1 min, 2X	Rest	Run 18 min, Walk 1 min, Run 7min	Rest or Cross Train	Rest
Jan. 21	Run 20 min, Walk 1min, Run 6 min	Rest or Cross Train	Run 23 min	Rest	Run 25 min	Rest or Cross Train	Rest
Jan. 28	Run 28 min	Rest or Cross Train	Run 20 min	Rest	Race! Run 3.1 miles		

5K RACE DAY TIPS

As you get ready for your 5K race, here are some tips to keep in mind for race day:

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Stick to your routine. The golden rule of racing is: Nothing new on race day. Make sure that you're wearing [clothes and gear](#) that you've already tested while training for your 5K. You don't want to be surprised by uncomfortable clothes or painful chafing issues on race day. If you've never raced before, learn how to put your [race bib](#) on before the race.
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Don't stuff yourself the night before. You don't have to carbo-load for a 5K race. Overeating may lead to gastrointestinal distress or other issues. Just eat normal-size portions of a regular, healthy dinner the night before. For breakfast, eat something that's easy to digest like a banana and toast or a bagel. Try to stick to foods that you've eaten. Again, nothing new on race day!
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Warm up before the race. In a shorter race like a 5K, it's a good idea to do a warm-up, so you slowly raise your heart rate and get your muscles warmed up. Before heading to the starting line, do a slow jog for about five minutes or do some warm-up exercises, like jumping jacks or high knees.

