



## BEGINNER RUN 5K NINE WEEK TRAINING PROGRAM

RUN 5K AT THE BRIDGE CITY BOOGIE

3 WORKOUTS PER WEEK. NEVER 2 DAYS IN A ROW.  
CROSS-TRAIN ON REST DAYS, BUT LEAVE AT LEAST ONE OR TWO  
DAYS OF TOTAL REST.

### WEEK ONE

DAY	HOMEWORK	TOTAL MINS
1	Walk for 5 / Run for 1 / 5 times	30
2	Walk for 5 / Run for 1 / 4 times	24
3	Walk for 4 / Run for 1 / 6 times	30

**TIP:** Remember “no pressure” running. It is the time on your feet that counts, not the run intervals. Be good to you!

### WEEK TWO

DAY	HOMEWORK	TOTAL MINS
1	Walk for 4.5 / Run for 1.5 / 6 times + 10 minute stronger walk	46 - LSD
2	Walk for 5 / Run for 1 / 6 times	36 - EZ
3	Walk for 4.5 / Run for 1.5 / 6 times + 5 minute walk	41 - MED

**TIP:** Keep in mind it is ‘the time on your feet’ that counts, not the actual run intervals. If you’re having a tired day, take the pressure off and do less running.

### WEEK THREE

DAY	HOMEWORK	TOTAL MINS
1	Walk for 4 / Run for 2 / 7 times + 10 minute walk	52 - LSD
2	Walk for 3 / Run for 2 / 6 times	30
3	Walk for 3 / Run for 2 / 7 times + 10 minute stronger walk	45

**TIP:** Form — Relax. Relax. Relax your whole body. Arms clipping at the hips. Do not overstride. Not too much bounce. Honour your own personal flair.

### WEEK FOUR

DAY	HOMEWORK	TOTAL MINS
1	Walk for 3.5 / Run for 2.5 / 7 times + 10 minute walk	52 - LSD
2	Walk for 3 / Run for 2 / 6 times	30 - EZ
3	Walk for 3.5 / Run for 2.5 / 5 times + 10 minute stronger walk	40 - MED

**TIP:** Remember: Have three workouts per week and never two days in a row unless absolutely necessary. Your rest days are as important as your workout days. You may cross-train on rest days (low-impact), but leave at least one or two days of total rest.

### WEEK FIVE

DAY	HOMEWORK	TOTAL MINS
1	Walk for 3 / Run for 3 / 7 times + 10 minute walk	52 - LSD
2	Walk for 3 / Run for 2 / 8 times	40 - EZ
3	Walk for 3.5 / Run for 2.5 / 6 times + 10 minute stronger walk	46 - MED

**TIP:** Please always stretch after your workouts (static stretching = steady and holding). Stretching is your reward for your workout – call it your fitness dessert!

#### ACRONYMS:

LSD - Long, steady distance    EZ - Easy    MED - Medium

[www.bridgcityboogie.ca](http://www.bridgcityboogie.ca)

### WEEK SIX

DAY	HOMEWORK	TOTAL MINS
1	Walk for 3 / Run for 4 / 7 times + 5 minute walk	54 - LSD
2	Walk for 3 / Run for 3 / 7 times + 5 minute walk	47 - EZ
3	Walk for 3 / Run for 4 / 6 times + 10 minute walk	52 - MED

**TIP:** Please know your Boogie course. Check out the Boogie website for a course map, and also walk/or run the route before Boogie day. It’s time to visualize your goal run.

### WEEK SEVEN

DAY	HOMEWORK	TOTAL MINS
1	Walk for 2.5 / Run for 4.5 / 7 times + 5 minute walk	54 - LSD
2	Walk for 3 / Run for 3 / 7 times + 5 minute walk	47 - EZ
3	Walk for 3 / Run for 4 / 6 times + 10 minute walk	52 - MED

**TIP:** The beginner program maxes out at a walk 2 / Run 5 interval. Your goal is to run/walk 5K on Boogie Day and enjoy your success.

### WEEK EIGHT

DAY	HOMEWORK MAX THE TIME ON YOUR FEET FOR YOUR LSD RUN THIS WEEK	TOTAL MINS
1	Walk for 2 / Run for 5 / 7 times + 5 minute walk	54 - LSD
2	Walk for 3 / Run for 4 / 6 times + 5 minute walk	47 - EZ
3	Walk for 2 / Run for 5 / 6 times + 10 minute walk	52 - MED

### WEEK NINE

DAY	HOMEWORK - ONLY 1 WEEK TO GO!	TOTAL MINS
1	Walk for 2 / Run for 5 / 7 times + 5 minute walk	54 - LSD
2	Walk for 2 / Run for 4 / 5 times	30 - TAPER
3	Walk for 2 / Run for 4 / 5 times	30 - TAPER

**TIP:** Time to taper (chill out). Reduce your running, get lots of rest and arrive at the start line energized and healthy.

#### FIVE IMPORTANT WALKING / RUNNING TIPS

1. Rest days: Put rest days in between run days - never go two days in a row.
2. Number one cause of injury is too much too soon, regardless of your running history. If you’re just coming back to running this spring - ease back into it.
3. Number two cause of injury is worn-out or incorrect shoes for your feet. It is very important to be in a proper running shoe. Shop at a specialty running store where they really know running and shoes. If your shoes are past six months old, it’s definitely time for some new ones. Your feet will love it and so will your running.
4. Warm up and cool down: Always warm up (walking) and cool down (walking) for each and every workout. Always stretch after you walk or run.
5. Don’t ever run through pain: If you feel an owie coming on - STOP running. Never ever run through pain. An owie you can nip right away - if you run through it you turn that owie into an injury that wasn’t necessary. Take necessary rest days for a quick recovery.