



presented by



8 WEEK 5k TRAINING GUIDE

This plan is designed to help you feel good while participating in the Orlando Magic 5k (3.1 miles) using a three to four day a week method.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1	Walk 3 Minutes Run 2 Minutes (Repeat 4X)	REST	Walk 3 Minutes Run 2 Minutes (Repeat 4X)	REST	Walk 3 Minutes Run 2 Minutes (Repeat 4X)	REST	Walk 3 Minutes Run 2 Minutes (Repeat 5X)
WEEK 2	REST	Walk 2 Minutes Run 3 Minutes (Repeat 5X)	REST	Walk 2 Minutes Run 3 Minutes (Repeat 5X)	REST	Walk 2 Minutes Run 3 Minutes (Repeat 5X)	REST
WEEK 3	Run 4 Minutes Walk 2 Minutes (Repeat 6X)	Cross Train	Run 4 Minutes Walk 2 Minutes (Repeat 6X)	Cross Train	Run 4 Minutes Walk 2 Minutes (Repeat 6X)	REST	Run 4 Minutes Walk 2 Minutes (Repeat 6X)
WEEK 4	REST	Run 4 Minutes Walk 1 Minute (Repeat 7X)	Cross Train	Run 4 Minutes Walk 1 Minute (Repeat 7X)	Cross Train	Run 4 Minutes Walk 1 Minute (Repeat 7X)	REST
WEEK 5	Run 5 Minutes Walk 1 Minute (Repeat 7X)	Cross Train	Run 5 Minutes Walk 1 Minute (Repeat 8X)	Cross Train	Run 5 Minutes Walk 1 Minute (Repeat 8X)	REST	Run 5 Minutes Walk 1 Minute (Repeat 8X)
WEEK 6	REST	Run 5 Minutes Walk 1 Minute (Repeat 9X)	Cross Train	Run 5 Minutes Walk 1 Minute (Repeat 9X)	Cross Train	Run 5 Minutes Walk 1 Minute (Repeat 9X)	REST
WEEK 7	Run 5 Minutes Walk 1 Minute (Repeat 10X)	Cross Train	Run 5 Minutes Walk 1 Minute (Repeat 10X)	Cross Train	Run 5 Minutes Walk 1 Minute (Repeat 10X)	REST	Run 5 Minutes Walk 1 Minute (Repeat 10X)
WEEK 8	REST	Run 5 Minutes Walk 1 Minute (Repeat 10X)	REST	Run 5 Minutes Walk 1 Minute (Repeat 8X)	REST	RACE DAY!	REST

POINTERS AND TIPS

- If walking, walk briskly or “with purpose.”
- If using a walk/run Interval, begin with one minute intervals. For example, run one minute, walk one minute. Gradually increase the run interval as the running becomes easier to run 2 minutes but keep the one minute walk interval. Build the run interval to five minutes.
- If running, set a comfortable pace. You should be able to carry on a conversation while running.
- Take walk breaks as needed.
- Cross-train one to three days a week, recommended, i.e. swimming, spinning, weight lifting, or yoga.

Consult a physician before beginning any exercise program.



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