



GO! 5K TRAINING

St. Louis

WEEK #	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	Off or XT	10 min. run/walk	Off or XT	10 min. run/walk	Off or XT	OFF	15 min. run/walk
2	Off or XT	10 min. run/walk	Off or XT	10 min. run/walk	Off or XT	OFF	1 mile run/walk
3	Off or XT	13 min. run/walk	Off or XT	13 min. run/walk	Off or XT	OFF	1.5 mile run/walk
4	Off or XT	15 min. run/walk	Off or XT	15 min. run/walk	Off or XT	OFF	2 mile run/walk
5	Off or XT	20 min. run/walk	Off or XT	20 min. run/walk	Off or XT	OFF	2.5 min. run/walk
6	Off or XT	25 min. run/walk	Off or XT	25 min. run/walk	Off or XT	OFF	3 mile run/walk
7	Off or XT	30 min. run/walk	Off or XT	30 min. run/walk	Off or XT	OFF	3.5 mile run/walk
8	Off or XT	25 min. run/walk	Off or XT	25 min. run/walk	Off or XT	OFF	3 mile run/walk
9	Off or XT	25 min. run/walk	Off or XT	25 min. run/walk	Off or XT	5K Race Day (Sat. or Sun.)	

ALL DISTANCES ARE MILES.

GO! St. Louis 5K Training

This program assumes that you have not been running at all.

During your training, you may want to begin walking the distance, develop a brisk walk, insert a few jogs, and incorporate the running as desired, or simply walk. Some people may alternate walking with running. The goal is to finish and feel a sense of accomplishment!

This training program developed by GO! St. Louis is a suggested program. Participants train at their own risk and should always consult a physician before engaging in a fitness program.

Training Tips

1. You can do the long run on Saturday if you wish. In that case take the Friday off from exercising.
2. On your "long runs", take more walking breaks.
3. XT means cross training. You can walk or do some form of non-pounding exercise, such as swimming, cycling, or exercise machines, for 10 minutes or so at an easy pace.
4. Remember to drink water before, during and after exercise, even when it is cold.
5. Train with others. After the fitness workout, socialize over a cup of coffee!