

2010 Beginner's 5K Training Schedule								
	Weeks	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Monday, March 01, 2010	1	off	Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.	off	Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.	off	Brisk five-minute warmup walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.	off
Monday, March 08, 2010	2	off	Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.	off	Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.	off	Brisk five-minute warmup walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.	Walk/XT 20 min or off
Monday, March 15, 2010	3	off	Brisk five-minute warmup walk, then do two repetitions of the following: Jog 200 yards (or 90 seconds) Walk 200 yards (or 90 seconds) Jog 400 yards (or 3 minutes) Walk 400 yards (or three minutes)	off	Brisk five-minute warmup walk, then do two repetitions of the following: Jog 200 yards (or 90 seconds) Walk 200 yards (or 90 seconds) Jog 400 yards (or 3 minutes) Walk 400 yards (or three minutes)	off	Brisk five-minute warmup walk, then do two repetitions of the following: Jog 200 yards (or 90 seconds) Walk 200 yards (or 90 seconds) Jog 400 yards (or 3 minutes) Walk 400 yards (or three minutes)	Walk/XT 20 min or off
Monday, March 22, 2010	4	off	Brisk five-minute warmup walk, then: Jog 1/4 mile (or 3 minutes) Walk 1/8 mile (or 90 seconds) Jog 1/2 mile (or 5 minutes) Walk 1/4 mile (or 2-1/2 minutes) Jog 1/4 mile (or 3 minutes) Walk 1/8 mile (or 90 seconds) Jog 1/2 mile (or 5 minutes)	off	Brisk five-minute warmup walk, then: Jog 1/4 mile (or 3 minutes) Walk 1/8 mile (or 90 seconds) Jog 1/2 mile (or 5 minutes) Walk 1/4 mile (or 2-1/2 minutes) Jog 1/4 mile (or 3 minutes) Walk 1/8 mile (or 90 seconds) Jog 1/2 mile (or 5 minutes)	off	Brisk five-minute warmup walk, then: Jog 1/4 mile (or 3 minutes) Walk 1/8 mile (or 90 seconds) Jog 1/2 mile (or 5 minutes) Walk 1/4 mile (or 2-1/2 minutes) Jog 1/4 mile (or 3 minutes) Walk 1/8 mile (or 90 seconds) Jog 1/2 mile (or 5 minutes)	Walk/XT 20 min or off
Monday, March 29, 2010	5	off	Brisk five-minute warmup walk, then: Jog 1/2 mile (or 5 minutes) Walk 1/4 mile (or 3 minutes) Jog 1/2 mile (or 5 minutes) Walk 1/4 mile (or 3 minutes) Jog 1/2 mile (or 5 minutes)	off	Brisk five-minute warmup walk, then: Jog 3/4 mile (or 8 minutes) Walk 1/2 mile (or 5 minutes) Jog 3/4 mile (or 8 minutes)	off	Brisk five-minute warmup walk, then jog two miles (or 20 minutes) with no walking.	Walk/XT 20 min or off
Monday, April 05, 2010	6	off	Brisk five-minute warmup walk, then: Jog 1/2 mile (or 5 minutes) Walk 1/4 mile (or 3 minutes) Jog 3/4 mile (or 8 minutes) Walk 1/4 mile (or 3 minutes) Jog 1/2 mile (or 5 minutes)	off	Brisk five-minute warmup walk, then: Jog 1 mile (or 10 minutes) Walk 1/4 mile (or 3 minutes) Jog 1 mile (or 10 minutes)	off	Brisk five-minute warmup walk, then jog 2-1/4 miles (or 25 minutes) with no walking.	Walk/XT 20 min or off
Monday, April 12, 2010	7	off	Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes).	off	Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes).	off	Brisk five-minute warmup walk, then jog 2.5 miles (or 25 minutes).	Walk/XT 20 min or off
Monday, April 19, 2010	8	off	Brisk five-minute warmup walk, then jog 2.75 miles (or 28 minutes).	off	Brisk five-minute warmup walk, then jog 2.75 miles (or 28 minutes).	off	Brisk five-minute warmup walk, then jog 2.75 miles (or 28 minutes).	Walk/XT 20 min or off
Monday, April 26, 2010	9	off	Brisk five-minute warmup walk, then jog 3 miles (or 30 minutes).	off	Brisk five-minute warmup walk, then jog 3 miles (or 30 minutes).	off	Law Day Run (5/1/10)	off
Monday, May 03, 2010	10	off		off		off	Race for Character (5/8/10)	off

- Group runs will occur on Tuesday nights at the Belleville East High School track at 6:00pm.
- On the last two Saturdays prior to the 5k (4/17 & 4/24), we will meet to run the Law Day Run course at 9:00am.
- Feel free to join us on Thursday nights at 6:00pm for a 3 mile run or Saturday mornings at 8:00am for a 5 mile run. Thursday and Saturday runs begin in the parking lot behind the St Louis Bread Con Belleville.
- XT: Cross Train
- The Belleville Running Club is not, nor do we claim to be, fitness experts. Please consult your doctor before embarking on this training adventure.
- This training schedule is based on Cool Running's Couch to 5K Training Plan.

