

2011 Beginner's 5K Training Schedule								
	Weeks	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Monday, February 28, 2011	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 07, 2011	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 14, 2011	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 21, 2011	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 28, 2011	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 04, 2011	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 11, 2011	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 18, 2011	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 25, 2011	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 (4/30/11)	off

1. Group runs will occur on Tuesday nights at the Belleville East High School track at 6:00pm.
2. On the last two Saturdays prior to the 5k (4/16 & 4/23), we will meet to run the Law Day Run course at 9:00am.
3. 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 Company in downtown Belleville.
4. XT: Cross Train
5. The Belleville Running Club is not, nor do we claim to be, fitness experts. Please consult your doctor before embarking on this training adventure.
6. This training schedule is based on Cool Running's Couch to 5K Training Plan.