



# 5K training guide

**Go to your happy pace!**



# Girls on the Run 5K Training Programs

developed by Jenny Hadfield

The following training programs are designed to guide you to the finish line! There is a program for everyone and the real key to success starts with determining which program best fits your current activity level. That way, you will progress safely and enjoy a memorable experience with the 'GOTR Girl' in your life!

There are five 5K Training Programs:

1. Walk [all walking]
2. Walk-Run [a little running sprinkled in with walking]
3. Run-Walk [a little walking sprinkled in with running]
4. Run [all running]
5. Advanced Run [for those who have run half marathons]

In addition to the training programs listed above, we encourage you to try out the **GOTR Challenges** included on page 14 of this booklet. Regardless of which training program you choose, the GOTR Challenges are fun and mentally stimulating activities to help you maximize the impact of this training guide!

Why so many?

Because everyone is at a different fitness level and we all have varying goals for the day of the 5K. Some of you may be starting an exercise program for the first time and preparing to participate in your inaugural 5K celebration and others may be daily runners! Regardless, we are all training to reach the start line safely and more importantly, to be smiling as we cross the finish line with our friends and family members!

About Coach Jenny Hadfield

Jenny is a published author of three books (Marathoning for Mortals, Running for Mortals, Training for Mortals), writer, coach, speaker and endurance athlete. She has a Bachelor's degree in Exercise Physiology, a Masters Degree in Exercise Science and is a certified coach and personal trainer. For more information on Jenny, visit [www.JennyHadfield.com](http://www.JennyHadfield.com).

## 5K WALK

[Best suited for those who want to walk the 5K or those who have been inactive for four or more months]

**GOTR Challenges:** As you complete the daily exercises, challenge yourself mentally by completing the GOTR Challenge for that week, found on page 14! These GOTR Challenges are meant to maximize the impact of the training guide and stimulate your mind as you move your body!

	MON	TUES	WED	THUR	FRI	SAT	SUN
	Walk Conventional Pace 6-7	Cross-Train or Rest Moderate 7	Walk Conventional Pace 6-7	Rest Day	Cross-Train or Rest Moderate 7	Walk Conventional Pace 6-7	Rest Day
Week 1	25 min	30 min	25 min	Rest	30 min	30 min	Rest
Week 2	25 min	20 min	25 min	Rest	30 min	30 min	Rest
Week 3	25 min	30 min	30 min	Rest	30 min	35 min	Rest
Week 4	30 min	30 min	30 min	Rest	30 min	35 min	Rest
Week 5	30 min	30 min	35 min	Rest	30 min	40 min	Rest
Week 6	30 min	30-40 min	35 min	Rest	30-40 min	40 min	Rest
Week 7	35 min	30-40 min	35 min	Rest	30-40 min	45 min	Rest
Week 8	35 min	30-40 min	40 min	Rest	30-40 min	50 min	Rest
Week 9	40 min	30-40 min	40 min	Rest	30-40 min	45 min	Rest
Week 10	30 min	30 min	30 min	Rest	30 min	5K Walk	Rest

# 5K WALK-RUN

[Best suited for those who have been walking or exercising regularly 2-3 times per week for at least 3-4 months]

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	MON	TUES	WED		THUR	FRI	SAT	SUN
	Walk-Run Moderate 7	Cross-Train or Rest Easy 6	Walk-Run Moderate 7		Rest Day	Cross-Train or Rest Easy 6-7	Walk-Run Moderate 7	Rest Day
Week 1	24 min Run 1 min/Walk 3 min Repeat 6 times	30-40 min	24 min Run 1 min/Walk 3 min Repeat 6 times		Rest	30-40 min	24 min Run 1 min/Walk 3 min Repeat 6 times	Rest
Week 2	24 min Run 1 min/Walk 3 min Repeat 6 times	30-40 min	24 min Run 1 min/Walk 3 min Repeat 6 times		Rest	30-40 min	24 min Run 1 min/Walk 3 min Repeat 6 times	Rest
Week 3	24 min Run 1 min/Walk 3 min Repeat 6 times	30-40 min	28 min Run 1 min/Walk 3 min Repeat 7 times		Rest	30-40 min	28 min Run 1 min/Walk 3 min Repeat 7 times	Rest
Week 4	28 min Run 1 min/Walk 3 min Repeat 6 times	30-40 min	28 min Run 1 min/Walk 3 min Repeat 7 times		Rest	30-40 min	28 min Run 1 min/Walk 3 min Repeat 7 times	Rest
Week 5	28 min Run 1 min/Walk 3 min Repeat 7 times	30-40 min	28 min Run 1 min/Walk 3 min Repeat 7 times		Rest	30-40 min	30 min Run 2 min/Walk 3 min Repeat 6 times	Rest
Week 6	30 min Run 2 min/Walk 3 min Repeat 6 times	30-40 min	30 min Run 2 min/Walk 3 min Repeat 6 times		Rest	30-40 min	35 min Run 2 min/Walk 3 min Repeat 7 times	Rest
Week 7	30 min Run 2 min/Walk 3 min Repeat 6 times	30-40 min	35 min Run 2 min/Walk 3 min Repeat 7 times		Rest	30-40 min	40 min Run 2 min/Walk 3 min Repeat 8 times	Rest
Week 8	35 min Run 2 min/Walk 3 min Repeat 7 times	30-40 min	36 min Run 2 min/Walk 2 min Repeat 9 times		Rest	30-40 min	40 min Run 2 min/Walk 2 min Repeat 10 times	Rest
Week 9	36 min Run 2 min/Walk 2 min Repeat 9 times	30-40 min	36 min Run 2 min/Walk 2 min Repeat 9 times		Rest	30-40 min	40 min Run 2 min/Walk 2 min Repeat 10 times	Rest
Week 10	36 min Run 2 min/Walk 2 min Repeat 9 times	Rest	32 min Run 2 min/Walk 2 min Repeat 8 times		30 min	Rest	5K Race Run/Walk 2/2	Rest

# 5K RUN-WALK

[Best suited for first-time 5K and those who run occasionally or runners who were injured and getting back into it]

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	MON	TUES	WED		THUR	FRI	SAT	SUN
	Run-Walk Conversational Pace 6-7	Cross-Train or Rest Moderate 7	Run-Walk Conversational Pace 6-7		Rest Day	Cross-Train or Rest Moderate 7	Run-Walk Conversational Pace 6-7	Rest Day
Week 1	25 min Run 3 min/Walk 2 min Repeat 5 times	30-40 min	25 min Run 3 min/Walk 2 min Repeat 5 times		Rest	30-40 min	25 min Run 3 min/Walk 2 min Repeat 5 times	Rest
Week 2	25 min Run 3 min/Walk 2 min Repeat 5 times	30-40 min	25 min Run 3 min/Walk 2 min Repeat 5 times		Rest	30-40 min	25 min Run 3 min/Walk 2 min Repeat 5 times	Rest
Week 3	24 min Run 1 min/Walk 3 min Repeat 6 times	30-40 min	28 min Run 1 min/Walk 3 min Repeat 7 times		Rest	30-40 min	28 min Run 1 min/Walk 3 min Repeat 7 times	Rest
Week 4	30 min Run 3 min/Walk 2 min Repeat 6 times	30-40 min	30 min Run 3 min/Walk 2 min Repeat 6 times		Rest	30-40 min	30 min Run 3 min/Walk 2 min Repeat 6 times	Rest
Week 5	30 min Run 4 min/Walk 2 min Repeat 5 times	30-40 min	30 min Run 4 min/Walk 2 min Repeat 5 times		Rest	30-40 min	36 min Run 4 min/Walk 2 min Repeat 6 times	Rest
Week 6	30 min Run 4 min/Walk 2 min Repeat 5 times	30-40 min	36 min Run 4 min/Walk 2 min Repeat 6 times		Rest	30-40 min	36 min Run 4 min/Walk 2 min Repeat 6 times	Rest
Week 7	36 min Run 4 min/Walk 2 min Repeat 6 times	30-40 min	35 min Run 4 min/Walk 1 min Repeat 7 times		Rest	30-40 min	40 min Run 4 min/Walk 1 min Repeat 8 times	Rest
Week 8	36 min Run 4 min/Walk 2 min Repeat 6 times	30-40 min	35 min Run 4 min/Walk 1 min Repeat 7 times		Rest	30-40 min	40 min Run 4 min/Walk 1 min Repeat 8 times	Rest
Week 9	40 min Run 4 min/Walk 1 min Repeat 8 times	30-40 min	42 min Run 5 min/Walk 1 min Repeat 8 times		Rest	30-40 min	42 min Run 5 min/Walk 1 min Repeat 8 times	Rest
Week 10	30 min Run 5 min/Walk 1 min Repeat 5 times	Rest	30 min Run 5 min/Walk 1 min Repeat 5 times		30 min	Rest	5K Race Run/Walk 5/1	Rest

5K RUN

[Best suited for those who have been running at least 2-3 times per week for 20-30 minutes for at least 4 months]

**GOTR Challenges:** As you complete the daily exercises, challenge yourself mentally by completing the GOTR Challenge for that week, found on page 14! These GOTR Challenges are meant to maximize the impact of the training guide and stimulate your mind as you move your body!

	MON	TUES	WED		THUR	FRI	SAT	SUN
	Run Conversational Pace 6-7	Cross-Train or Rest Moderate 7	Run Pick-ups* Conversational Pace 6-7		Rest Day	Cross-Train or Rest Moderate 6-7	Run Conversational Pace 7	Rest Day
Week 1	25 min	30-40 min	25 min		Rest	30-40 min	30 min	Rest
Week 2	25 min	30-40 min	25 min		Rest	30-40 min	30 min	Rest
Week 3	25 min	30-40 min	30 min		Rest	30-40 min	35 min	Rest
Week 4	30 min	30-40 min	30 min *Pick Ups		Rest	30-40 min	35 min	Rest
Week 5	30 min	30-40 min	35 min *Pick Ups		Rest	30-40 min	40 min	Rest
Week 6	35 min	30-40 min	35 min *Pick Ups		Rest	30-40 min	40 min	Rest
Week 7	35 min	30-40 min	40 min *Pick Ups		Rest	30-40 min	45 min	Rest
Week 8	40 min	30-40 min	40 min *Pick Ups		Rest	30-40 min	45 min	Rest
Week 9	40 min	30-40 min	35 min *Pick Ups		Rest	30-40 min	40 min	Rest
Week 10	35 min	Rest	30 min *Pick Ups		30 min	Rest	5K Race	Rest

ADVANCED 5K

[Best suited for those who have been running at least 4 times per week for 40-50 minutes for at least 1 year]

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	MON	TUES	WED		THUR	FRI	SAT	SUN
	Run Moderate 7	Cross-Train or Rest Moderate 7	Run Hard 8+		Cross-Train or Rest Moderate 7	Run Conversational Pace 6-7	Run Conversational Pace 6-7	Rest Day
Week 1	40 min	30-45 min	45 min *Pick Ups		30-45 min	40 min	45 min	Rest
Week 2	40 min	30-45 min	45 min *Pick Ups		30-45 min	40 min	45 min	Rest
Week 3	40 min	30-45 min	45 min *Pick Ups		30-45 min	40 min	50 min	Rest
Week 4	45 min	30-45 min	45 min *Speed A Workout		30-45 min	40 min	50 min	Rest
Week 5	45 min	30-45 min	45 min *Speed A Workout		30-45 min	40 min	45 min	Rest
Week 6	45 min	30-45 min	45 min *Speed B Workout		30-45 min	40 min	60 min	Rest
Week 7	45 min	30-45 min	45 min *Speed B Workout		30-45 min	40 min	50 min	Rest
Week 8	45 min	30-45 min	45 min *Speed C Workout		30-45 min	40 min	60 min	Rest
Week 9	45 min	30-45 min	45 min *Speed C Workout		30-45 min	40 min	45 min	Rest
Week 10	40 min	Rest	40 min *Speed D Workout		Rest	30 min	5K Race	Rest

## Training Schedule Key Terms

**WARM-UP:** 5 minutes at an easy pace prior to every workout.

**COOL-DOWN:** Walking 5 minutes at an easy pace after every workout to gradually bring heart rate and breathing back to normal levels.

**FLEXIBILITY:** Stretch after every workout when the muscles are warm to maintain or improve flexibility and prevent injuries.

**HEART RATE:** Using a heart monitor maintain a range between the prescribed percentages...65-75% of estimated maximum heart rate.

**I-RATE:** Rate of perceived exertion. Rate your level of intensity by how you feel, 1-10. 1 being at rest and 10 being an all-out level. Use this system to stay in the smart training range listed on the training program (i.e. 6-7)

**CROSS-TRAINING:** Include activities that are non-walking. Cycling, swimming, pilates/ yoga, strength training, elliptical trainer, stairmaster, spinning are great cross-training modes. Cross-training allows you to actively rest your walking muscles while training opposing muscle groups and reducing the risk of overtraining and injury. It helps speed recovery and reduces burnout. Heart rate zone of 75-80% of maximum or I-Rate of 7-8.

**STRENGTH-TRAINING (ST):** Strength train with machines, weights, resistance tubes/ bands or classes like pilates, toning or yoga. Include strength training exercises for your upper body, core (abdominal and trunk) and lower body.

**EASY PACE:** Walk at an easy pace at 70-75% of maximum heart rate or an iRate level of 7+.

**CONVERSATIONAL PACE:** Conversational pace should be at a slow, and comfortable-conversational pace. You should be at a pace where you can hold a conversation easily. Heart rate zone of 65-75% of maximum or I-Rate of 6-7.5. Note: Heart rate will gradually climb due to fatigue and dehydration. Allow for a 5% increase and max heart rate of 75% of maximum rather than slowing pace to stay within zone.

**MODERATE PACE:** Moderate pace at 75-80% of maximum heart rate or an iRate level of 7-8. A pace where you can hear your breathing, but not breathing hard.

**PICK-UPS:** Run the workout at an easy pace and include 3-4 short, 30-60 second "pick-up's" within the run. Pick up your pace to a challenging pace where you can hear your breathing and it feels just outside your comfort zone.

**WALK-RUN WORKOUT:** Warm-up by walking 5 minutes at a brisk pace. Run at a pace that you can still talk or a "conversational pace" for prescribed number of minutes and follow with walking at a brisk pace for prescribed minutes. Example: Run 2 minutes - Walk 2 minutes - repeat sequence 10 times for a total of 40 minutes. Cool-down by walking 5 minutes at an easy pace.

**RUN-WALK WORKOUT:** Warm-up walking 5 minutes at a brisk pace. Run at a pace that you can still talk or a "conversational pace" for prescribed number of minutes and follow with walking at a brisk pace for prescribed minutes. Example: Run 3 minutes - Walk 2 minutes - repeat sequence 8 times for a total of 40 minutes. Cool-down walking 5 minutes at an easy pace.

**RUN WORKOUT:** Warm-up walking 5 minutes at a brisk pace. Run at a pace that you can still talk or a "conversational pace" at an iRate level of 6-7 or if you are using a heart rate monitor at 65-75% of maximum heart rate. Cool-down walking 5 minutes at an easy pace.

**SPEED "A" WORKOUT:** Warm-up walking 5 minutes at a brisk pace. Run 10 minutes at an easy pace. Then repeat the following 5 times: Run one minute hard at 85-90% heart rate or 8-9 on I-Rate Scale followed by running 3 minutes at an easy pace to recover. It is key to be disciplined and run the easy segments easy. Otherwise the quality of your running and progressing is compromised. After the one-minute repeats, cool down running 5 minutes easy followed by 5 minutes walking easy.

**SPEED "B" WORKOUT:** Warm-up walking 5 minutes at a brisk pace. Run 5 minutes at an easy pace. Then repeat the following 5 times: Run two minutes hard at 85-90% heart rate or 8-9 on I-Rate Scale followed by running 3 minutes at an easy pace to recover. It is key to be disciplined and run the easy segments easy. Otherwise the quality of your running and progressing is compromised. After the two-minute repeats, cool down running 5 minutes easy followed by 5 minutes walking easy.

**SPEED "C" WORKOUT:** Warm-up walking 5 minutes at a brisk pace. Run 5 minutes at an easy pace. Then repeat the following 6 times: Run two minutes hard at 85-90% heart rate or 8-9 on I-Rate Scale followed by running 2 minutes at an easy pace to recover. It is key to be disciplined and run the easy segments easy. Otherwise the quality of your running and progressing is compromised. After the two-minute repeats, cool down running 5 minutes easy followed by 5 minutes walking easy.

**SPEED "D" WORKOUT:** Warm-up walking 5 minutes at a brisk pace. Run 10 minutes at an easy pace. Then repeat the following 4 times: Run one minute hard at 85-90% heart rate or 8-9 on I-Rate Scale followed by running 3 minutes at an easy pace to recover. It is key to be disciplined and run the easy segments easy. Otherwise the quality of your running and progressing is compromised. After the one-minute repeats, cool down running 5 minutes easy followed by 5 minutes walking easy.



## GOTR Challenges!

**WEEK 1:** As you move your body, think about all the things in your life for which you're grateful. If you're moving with someone, take turns listing these things as you reach different milestones along your path, like a street corner or a light post. Consider taking a few minutes to journal your gratitude when you finish training.

**WEEK 2:** As you move this week, take the time to reflect on a goal you had to work hard to reach and what you did to help achieve it. If you're moving with your girl, ask her to reflect on how she reached a goal, too, and then compare the different ways you made your magic happen!

**WEEK 3:** This week, you'll be thinking about ways to de-stress as you move. While disruptions to our school, work and everyday lives can be difficult to manage, you'll be able to move through them if you have a toolbox of stress management techniques. As you move, brainstorm different ways you can de-stress, from reducing your social media time to exercising – there's no wrong answer.

**WEEK 4:** While self-talk might seem like something small, all the little things we say to ourselves throughout the day make a big impact on how we feel and how we interact with the world. This week, you'll get the chance to reflect on what your self-talk sounds like and how you can develop positive self-talk habits. As you move each day, think about the things you say to yourself and use your movement time to flip negative self-talk into something positive.

**WEEK 5:** This week is all about having fun and getting silly. As you move, brainstorm different ways to move your body and then, when you reach a milestone in your path, do it! Try out skipping, hopping, star jumping or doing jumping jacks as you switch between walking and running – or let your girl come up with silly ways for both of you to move.

**WEEK 6:** This week, as you move, you'll be reflecting on what it is that makes you sparkle. As you move, consider what makes you special. At each milestone on your pathway, try to list something about you that makes you sparkle!

**WEEK 7:** This week, you'll be reflecting on the people in your life who give you support. As you move this week, make a mental list of the people in your life you know you can count on for support. Help your girl brainstorm how to practice asking for support in different situations.

**WEEK 8:** This week, take time as you move to reflect on what you've learned along the way. If you're running on your own, consider journaling about what you've learned about yourself over the course of your journey at the end of the week. If you're moving with your girl, take this time to share with her what you've learned about yourself and to ask her what she's learned about herself.

**WEEK 9:** Over the last several weeks, you've undoubtedly made big strides towards your goal. As you move this week, you'll be thinking about how you can make big strides for your community. As you move, consider the things you do to make a difference for the people in your life or community.

**WEEK 10:** This final week is all about celebrating how far you've come. As you move this week, think about how you want to celebrate your big accomplishment. You could write a letter to yourself about how awesome you are, spend some time with someone you care about, partake in a relaxing activity or do anything else that makes you feel proud and happy!

## Support Girls on the Run

Do you share our passion for empowering girls? Turn your passion into purpose by getting involved with Girls on the Run. Our team consists of volunteers who support the program in many ways! Everyone plays an instrumental role in delivering our life-changing curriculum to the girls of our community. If you'd like to show your support of Girls on the Run, we invite you to participate in any or all of the following:

- Volunteer to help with our Girls on the Run 5K
- Volunteer to be a coach next season
- Make a donation to support girls
- Shop for a cause - your purchase of Girls on the Run International apparel and merchandise makes it possible for more girls to join the team ([www.gotrshop.com](http://www.gotrshop.com))

To learn more about way to become involved in Girls on the Run, please visit our website at [www.girlsontherun.org](http://www.girlsontherun.org).

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