

FIND YOUR PACE RUN YOUR RACE!

Run/Walk 5k Training Program
Beaumont Wellness Center

Join the Run/Walk Training Program this August and September for training, support and fun! Train just for fun or for the Beaumont Red October Run, on Sunday, October 1st.

Participants receive a training schedule designed by our Wellness Specialists to help you **Find Your Pace and Run Your Race.**



Beaumont
Red  *October Run*
through
Greenfield Village

Beaumont Wellness Center, Dearborn RUN/WALK Couch to 5k Challenge

Welcome!

Doing a 5K run can add a new level of challenge and interest to your exercise program. A 5K equals 3.1 miles. Don't be daunted by the distance; a 5K run/walk is a great distance for a beginner, and you can prepare for a 5K run in seven weeks.

Consider using this 5K run training schedule as your guide. The program is tailored for beginners and anyone who wants to complete a 5K race. You can adapt the schedule whether you wish to walk, run or run/walk a 5k.

How to use the 5K training schedule

This 5K training schedule incorporates a mix of running, walking, cross training and resting. This combination helps reduce the risk of injury, stress and fatigue, while boosting your enjoyment of physical activity. Remember, you can run or walk slowly to help your body adjust to this 5K training schedule. Find your pace and run your race.

Under this 5K run schedule, even runners spend a portion of their training walking. As the weeks progress, runners/walkers gradually increase the amount of time running and reduce the amount of time walking. If you're strictly a walker, you always walk. On walk days, both runners and walkers walk. One day a week, Sunday, on this 5K schedule, is a day of rest from exercise, giving your muscles time to recover.

Looking for help, support or motivation?

We're here to help; see one of our Wellness Specialists or Personal Trainers for additional information, handouts and training tips.

Run/Walk your race!

Participants are encouraged to join Wellness Center staff and their Beaumont colleagues in the Beaumont Red October Run on Sunday, October 1st through Greenfield Village.

Register online at: Beaumont.org/redoctoberrun.



Beaumont



*Always begin each exercise session with warming up and finish with cooling down and stretching.							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Run/walk Run 1 min. Walk 2 min. Repeat 8x	Walk 20 minutes	Run/walk Run 1 min. Walk 2 min. Repeat 8x	Cross train, Strength train, or take a fitness class	Run/walk Run 1 min. Walk 2 min. Repeat 10x	Run/walk 25 minutes	Active rest, stretch
Week 2	Run/walk Run 2 min. Walk 2 min. Repeat 7x	Walk 30 minutes	Run/walk Run 2 min. Walk 2 min. Repeat 7x	Cross train, Strength train, or take a fitness class	Run/Walk Run 2 min. Walk 2 min. Repeat 8x	Run/walk 30 minutes	Active rest, Stretch
Week 3	Run/walk Run 3 min. Walk 3 min. Repeat 5x	Walk 30 minutes	Run/walk Run 3 min. Walk 2 min. Repeat 6x	Cross train, Strength train, or take a fitness class	Run/walk Run 3 min. Walk 2 min. Repeat 6x	Run/walk 30 minutes	Active rest, Stretch
Week 4	Run/walk Run 5 min. Walk 3 min. Repeat 4x	Walk 35 minutes	Run/walk Run 5 min. Walk 3 min. Repeat 4x	Cross train, Strength train, or take a fitness class	Run/walk Run 5 min. Walk 3 min. Repeat 5x	Run/walk 35 minutes	Active rest, Stretch
Week 5	Run/walk Run 7 min. Walk 3 min. Repeat 3x	Walk 35 minutes	Run/walk Run 7 min. Walk 3 min. Repeat 3x	Cross train, Strength train, or take a fitness class	Run/walk Run 8 min. Walk 3 min. Repeat 3x	Run/walk 35 minutes	Active rest, Stretch
Week 6	Run/walk Run 9 min. Walk 3 min. Repeat 3x	Walk 40 minutes	Run/walk Run 10 min. Walk 2 min. Repeat 3x	Cross train, Strength train, or take a fitness class	Run/walk Run 10 min. Walk 2 min. Repeat 3x	Run/walk 40 minutes	Active rest, Stretch
Week 7	Run/walk Run 15 min. Walk 5 min. Repeat 2x	Walk 45 minutes	Run/walk Run 10 min. Walk 10 min. Run 10 min.	Cross train, Strength train, or take a fitness class	Run/walk Run 15 min. Walk 5 min Run 10	Run/walk 45 minutes	Enjoy your 5k Run/Walk