

## 5K Training Schedule - Continuous Running

Week #	Start Week (Sat Date)	Description	Sat	Sun	Mon	Tue	Wed	Thur	Fri	Wk - Total Training Distance	My comments on my training for the week are
1	6-Apr-19	<b>Total Train. Time</b>	Vary based on running pace	All ages Bible classes at 9:45 am Church at 11:00 am	Vary based on running pace	OFF	Vary based on running pace	OFF	OFF	9.0K	
		<b>At Start</b>	Walk 1 min		Walk 1 min		Walk 1 min				
		<b>Middle</b>	3.0K Easy Continuous Run		3.0K Easy Continuous Run		3.0K Easy Continuous Run				
		<b>At End</b>	Walk 2 mins		Walk 2 mins		Walk 2 mins				
		<b>Total Time I did</b>									
2	13-Apr-19	<b>Total Train. Time</b>	Vary based on running pace	All ages Bible classes at 9:45 am Church at 11:00 am	Vary based on running pace	OFF	Vary based on running pace	OFF Maundy Thurs Service 7 pm	OFF Good Friday Service 1 pm	9.0K	
		<b>At Start</b>	Walk 1 min		Walk 1 min		Walk 1 min				
		<b>Middle</b>	3.0K Easy Continuous Run		3.0K Easy Continuous Run		3.0K Easy Continuous Run				
		<b>At End</b>	Walk 2 mins		Walk 2 mins		Walk 2 mins				
		<b>Total Time I did</b>									
3	20-Apr-19	<b>Total Train. Time</b>	Vary based on running pace	Easter Sunday Breakfast then Church at 11:00 am	Vary based on running pace	OFF	Vary based on running pace	OFF	OFF	10.5K	
		<b>At Start</b>	Walk 1 min		Walk 1 min		Walk 1 min				
		<b>Middle</b>	3.5K Easy Continuous Run		3.5K Easy Continuous Run		3.5K Easy Continuous Run				
		<b>At End</b>	Walk 2 mins		Walk 2 mins		Walk 2 mins				
		<b>Total Time I did</b>									
4	27-Apr-19	<b>Total Train. Time</b>	Vary based on running pace	All ages Bible classes at 9:45 am Church at 11:00 am	Vary based on running pace	OFF	Vary based on running pace	OFF	OFF	10.5K	
		<b>At Start</b>	Walk 1 min		Walk 1 min		Walk 1 min				
		<b>Middle</b>	3.5K Easy Continuous Run		3.5K Easy Continuous Run		3.5K Easy Continuous Run				
		<b>At End</b>	Walk 2 mins		Walk 2 mins		Walk 2 mins				
		<b>Total Time I did</b>									
5	4-May-19	<b>Total Train. Time</b>	Vary based on running pace	All ages Bible classes at 9:45 am Church at 11:00 am	Vary based on running pace	OFF	Vary based on running pace	OFF	OFF	12.0K	
		<b>At Start</b>	Walk 1 min		Walk 1 min		Walk 1 min				
		<b>Middle</b>	4.0K Easy Continuous Run		4.0K Easy Continuous Run		4.0K Easy Continuous Run				
		<b>At End</b>	Walk 2 mins		Walk 2 mins		Walk 2 mins				
		<b>Total Time I did</b>									
6	11-May-19	<b>Total Train. Time</b>	Vary based on running pace	All ages Bible classes at 9:45 am Church at 11:00 am	Vary based on running pace	OFF	Vary based on running pace	OFF	OFF	12.0K	
		<b>At Start</b>	Walk 1 min		Walk 1 min		Walk 1 min				
		<b>During</b>	4.0K Easy Continuous Run		4.0K Easy Continuous Run		4.0K Easy Continuous Run				
		<b>At End</b>	Walk 2 mins		Walk 2 mins		Walk 2 mins				
		<b>Total Time I did</b>									
7	18-May-19	<b>Total Train. Time</b>	Vary based on running pace	All ages Bible classes at 9:45 am Church at 11:00 am	Vary based on running pace	OFF	Vary based on running pace	OFF	OFF	13.5K	
		<b>At Start</b>	Walk 1 min		Walk 1 min		Walk 1 min				
		<b>Middle</b>	4.5K Easy Continuous Run		4.5K Easy Continuous Run		4.5K Easy Continuous Run				
		<b>At End</b>	Walk 2 mins		Walk 2 mins		Walk 2 mins				
		<b>Total Time I did</b>									
8	25-May-19	<b>Total Train. Time</b>	Vary based on running pace	All ages Bible classes at 9:45 am Church at 11:00 am	Vary based on running pace	OFF	Vary based on running pace	OFF	OFF	13.5K	
		<b>At Start</b>	Walk 1 min		Walk 1 min		Walk 1 min				
		<b>Middle</b>	4.5K Easy Continuous Run		4.5K Easy Continuous Run		4.5K Easy Continuous Run				
		<b>At End</b>	Walk 2 mins		Walk 2 mins		Walk 2 mins				
		<b>Total Time I did</b>									
9	1-Jun-19	<b>Total Train. Time</b>	Vary based on running pace	All ages Bible classes at 9:45 am Church at 11:00 am	Vary based on running pace	OFF	Vary based on running pace	OFF	OFF	15.0K	
		<b>At Start</b>	Walk 1 min		Walk 1 min		Walk 1 min				
		<b>Middle</b>	5.0K Easy Continuous Run		5.0K Easy Continuous Run		5.0K Easy Continuous Run				
		<b>At End</b>	Walk 2 mins		Walk 2 mins		Walk 2 mins				
		<b>Total Time I did</b>									
10	8-Jun-19	<b>Total Event Time</b>	As long as it take to complete	All ages Bible classes at 9:45 am Church at 11:00 am		OFF		OFF	OFF		
		<b>At Event Start</b>	Walk 1 min								
		<b>During the Event</b>	Easy continuous run for as long as needed to compete								
		<b>At Event End</b>	Easy walk 4 mins followed by BBQ								
		<b>Total Time I did</b>									

**NB:** At this time do not worry about the run pace or distance, as the goal is to increase the interval of time you spend running

Do some of your training on a route that has some hills or inclines since there are inclines in the Walk/Run event

Drink at least 8 cups of water a day. If the day is hot when you go for your run take water with you and take at last 2 mouth fulls from time to time

Stretch your running muscles after running

Place this schedule somewhere you will see it several times a day. At the end of each run and end of each week note the total time you ran and the good and not so good parts of your training so far