



# TRAIN YOUR WAY TO A 5K

Official Girls on the Run At-Home Training Guide  
developed by Jenny Hadfield

The following training programs are designed to guide you to the finish line! There is a program for everyone 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 'Girl on the Run' in your life!

## There are five 5K training programs:

- Walk (all walking) - page 2
- Walk-Run (a little running sprinkled in with walking) - page 3
- Run-Walk (a little walking sprinkled in with running) - page 4
- Run (all running) - page 5
- Advanced Run (for those who have run half marathons) - page 6

## Why so many training plans?

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 event 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 GOTR girls, friends, and family!

## 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).

*See pages 7 & 8 for Training Schedule Key Terms*



# WALK YOUR WAY TO A 5K

| Day<br>Mode<br>Intensity<br>i-Rate Scale | Monday<br>Walk<br>Conversational Pace<br>6-7 | Tuesday<br>Cross-Train or Rest<br>7 | Wednesday<br>Walk<br>Conversational Pace<br>6-7 | Thursday<br>Rest Day | Friday<br>Cross-Train or Rest<br>Moderate<br>7 | Saturday<br>Walk<br>Conversational Pace<br>6-7 | Sunday<br>Rest Day |
|--|--|-------------------------------------|---|----------------------|--|--|--------------------|
| Week 1                                   | 25 minutes                                   | 30 minutes                          | 25 minutes                                      | Rest                 | 30 minutes                                     | 30 minutes                                     | Rest               |
| Week 2                                   | 25 minutes                                   | 30 minutes                          | 25 minutes                                      | Rest                 | 30 minutes                                     | 30 minutes                                     | Rest               |
| Week 3                                   | 25 minutes                                   | 30 minutes                          | 30 minutes                                      | Rest                 | 30 minutes                                     | 35 minutes                                     | Rest               |
| Week 4                                   | 30 minutes                                   | 30 minutes                          | 30 minutes                                      | Rest                 | 30 minutes                                     | 35 minutes                                     | Rest               |
| Week 5                                   | 30 minutes                                   | 30-40 minutes                       | 35 minutes                                      | Rest                 | 30 minutes                                     | 40 minutes                                     | Rest               |
| Week 6                                   | 30 minutes                                   | 30-40 minutes                       | 35 minutes                                      | Rest                 | 30-40 minutes                                  | 40 minutes                                     | Rest               |
| Week 7                                   | 35 minutes                                   | 30-40 minutes                       | 35 minutes                                      | Rest                 | 30-40 minutes                                  | 45 minutes                                     | Rest               |
| Week 8                                   | 35 minutes                                   | 30-40 minutes                       | 40 minutes                                      | Rest                 | 30-40 minutes                                  | 50 minutes                                     | Rest               |
| Week 9                                   | 40 minutes                                   | 30-40 minutes                       | 40 minutes                                      | Rest                 | 30-40 minutes                                  | 45 minutes                                     | Rest               |
| Week 10                                  | 30 minutes                                   | 30 minutes                          | 30 minutes                                      | Rest                 | 30 minutes                                     | End of Season                                  | 5K Event!          |



# WALKIRUN YOUR WAY TO A 5K

See page 7 & 8 for Training Schedule Key Terms

| Day<br>Mode<br>Intensity<br>i-Rate Scale | Monday<br>Walk-Run<br>Moderate<br>7             | Tuesday<br>Cross-Train or Rest<br>Easy<br>6 | Wednesday<br>Walk-Run<br>Moderate<br>7          | Thursday<br>Rest Day | Friday<br>Cross-Train or Rest<br>Easy<br>6-7 | Saturday<br>Walk-Run<br>Moderate<br>7            | Sunday<br>Rest Day |
|--|---|---|---|----------------------|--|--|--------------------|
| Week 1                                   | 24 minutes<br>Run 1 min/Walk 3 min<br>Repeat 6x | 30-40 minutes                               | 24 minutes<br>Run 1 min/Walk 3 min<br>Repeat 6x | Rest                 | 30-40 minutes                                | 24 minutes<br>Run 1 min/Walk 3 min<br>Repeat 6x  | Rest               |
| Week 2                                   | 24 minutes<br>Run 1 min/Walk 3 min<br>Repeat 6x | 30-40 minutes                               | 24 minutes<br>Run 1 min/Walk 3 min<br>Repeat 6x | Rest                 | 30-40 minutes                                | 24 minutes<br>Run 1 min/Walk 3 min<br>Repeat 6x  | Rest               |
| Week 3                                   | 24 minutes<br>Run 1 min/Walk 3 min<br>Repeat 6x | 30-40 minutes                               | 28 minutes<br>Run 1 min/Walk 3 min<br>Repeat 7x | Rest                 | 30-40 minutes                                | 28 minutes<br>Run 1 min/Walk 3 min<br>Repeat 7x  | Rest               |
| Week 4                                   | 24 minutes<br>Run 1 min/Walk 3 min<br>Repeat 6x | 30-40 minutes                               | 28 minutes<br>Run 1 min/Walk 3 min<br>Repeat 7x | Rest                 | 30-40 minutes                                | 28 minutes<br>Run 1 min/Walk 3 min<br>Repeat 7x  | Rest               |
| Week 5                                   | 28 minutes<br>Run 1 min/Walk 3 min<br>Repeat 7x | 30-40 minutes                               | 28 minutes<br>Run 1 min/Walk 3 min<br>Repeat 7x | Rest                 | 30-40 minutes                                | 30 minutes<br>Run 2 min/Walk 3 min<br>Repeat 6x  | Rest               |
| Week 6                                   | 30 minutes<br>Run 2 min/Walk 3 min<br>Repeat 6x | 30-40 minutes                               | 30 minutes<br>Run 2 min/Walk 3 min<br>Repeat 6x | Rest                 | 30-40 minutes                                | 35 minutes<br>Run 2 min/Walk 3 min<br>Repeat 7x  | Rest               |
| Week 7                                   | 30 minutes<br>Run 2 min/Walk 3 min<br>Repeat 6x | 30-40 minutes                               | 35 minutes<br>Run 2 min/Walk 3 min<br>Repeat 7x | Rest                 | 30-40 minutes                                | 40 minutes<br>Run 2 min/Walk 3 min<br>Repeat 8x  | Rest               |
| Week 8                                   | 35 minutes<br>Run 2 min/Walk 3 min<br>Repeat 7x | 30-40 minutes                               | 36 minutes<br>Run 2 min/Walk 2 min<br>Repeat 9x | Rest                 | 30-40 minutes                                | 40 minutes<br>Run 2 min/Walk 2 min<br>Repeat 10x | Rest               |
| Week 9                                   | 36 minutes<br>Run 2 min/Walk 2 min<br>Repeat 9x | 30-40 minutes                               | 36 minutes<br>Run 2 min/Walk 2 min<br>Repeat 9x | Rest                 | 30-40 minutes                                | 40 minutes<br>Run 2 min/Walk 2 min<br>Repeat 10x | Rest               |
| Week 10                                  | 36 minutes<br>Run 2 min/Walk 2 min<br>Repeat 9x | Rest  | 36 minutes<br>Run 2 min/Walk 2 min<br>Repeat 9x | 30 minutes           | Rest   | End of Season                                    | 5K Event!          |



# RUN/WALK YOUR WAY TO A 5K

| Day<br>Mode<br>Intensity<br>i-Rate Scale | Monday<br>Run-Walk<br>Conversational Pace<br>6-7 | Tuesday<br>Cross-Train or Rest<br>Moderate<br>7 | Wednesday<br>Run-Walk<br>Conversational Pace<br>6-7 | Thursday<br>Rest Day | Friday<br>Cross-Train or Rest<br>Moderate<br>7 | Saturday<br>Run-Walk<br>Conversational Pace<br>6-7 | Sunday<br>Rest Day |
|--|--|---|---|----------------------|--|--|--------------------|
| Week 1                                   | 25 minutes<br>Run 3 min/Walk 2 min<br>Repeat 5x  | 30-40 minutes                                   | 25 minutes<br>Run 3 min/Walk 2 min<br>Repeat 5x     | Rest                 | 30-40 minutes                                  | 25 minutes<br>Run 3 min/Walk 2 min<br>Repeat 5x    | Rest               |
| Week 2                                   | 25 minutes<br>Run 3 min/Walk 2 min<br>Repeat 5x  | 30-40 minutes                                   | 25 minutes<br>Run 3 min/Walk 2 min<br>Repeat 5x     | Rest                 | 30-40 minutes                                  | 25 minutes<br>Run 3 min/Walk 2 min<br>Repeat 5x    | Rest               |
| Week 3                                   | 25 minutes<br>Run 3 min/Walk 2 min<br>Repeat 5x  | 30-40 minutes                                   | 30 minutes<br>Run 3 min/Walk 2 min<br>Repeat 6x     | Rest                 | 30-40 minutes                                  | 30 minutes<br>Run 3 min/Walk 2 min<br>Repeat 6x    | Rest               |
| Week 4                                   | 30 minutes<br>Run 3 min/Walk 2 min<br>Repeat 6x  | 30-40 minutes                                   | 30 minutes<br>Run 3 min/Walk 2 min<br>Repeat 6x     | Rest                 | 30-40 minutes                                  | 30 minutes<br>Run 3 min/Walk 2 min<br>Repeat 6x    | Rest               |
| Week 5                                   | 30 minutes<br>Run 4 min/Walk 2 min<br>Repeat 5x  | 30-40 minutes                                   | 30 minutes<br>Run 4 min/Walk 2 min<br>Repeat 5x     | Rest                 | 30-40 minutes                                  | 36 minutes<br>Run 4 min/Walk 2 min<br>Repeat 6x    | Rest               |
| Week 6                                   | 30 minutes<br>Run 4 min/Walk 2 min<br>Repeat 5x  | 30-40 minutes                                   | 36 minutes<br>Run 4 min/Walk 2 min<br>Repeat 6x     | Rest                 | 30-40 minutes                                  | 36 minutes<br>Run 4 min/Walk 2 min<br>Repeat 6x    | Rest               |
| Week 7                                   | 36 minutes<br>Run 4 min/Walk 2 min<br>Repeat 6x  | 30-40 minutes                                   | 35 minutes<br>Run 4 min/Walk 1 min<br>Repeat 7x     | Rest                 | 30-40 minutes                                  | 40 minutes<br>Run 4 min/Walk 1 min<br>Repeat 8x    | Rest               |
| Week 8                                   | 36 minutes<br>Run 4 min/Walk 2 min<br>Repeat 6x  | 30-40 minutes                                   | 35 minutes<br>Run 4 min/Walk 1 min<br>Repeat 7x     | Rest                 | 30-40 minutes                                  | 40 minutes<br>Run 4 min/Walk 1 min<br>Repeat 8x    | Rest               |
| Week 9                                   | 40 minutes<br>Run 4 min/Walk 1 min<br>Repeat 8x  | 30-40 minutes                                   | 42 minutes<br>Run 5 min/Walk 1 min<br>Repeat 8x     | Rest                 | 30-40 minutes                                  | 42 minutes<br>Run 5 min/Walk 1 min<br>Repeat 8x    | Rest               |
| Week 10                                  | 30 minutes<br>Run 5 min/Walk 1 min<br>Repeat 5x  | Rest  | 30 minutes<br>Run 5 min/Walk 1 min<br>Repeat 5x     | Rest                 | Rest   | End of Season                                      | 5K Event!          |



# RUN YOUR WAY TO A 5K

| Day<br>Mode<br>Intensity<br>i-Rate Scale | Monday<br>Run<br>Conversational Pace<br>6-7 | Tuesday<br>Cross-Train or Rest<br>Moderate<br>7 | Wednesday<br>Run - Pick Ups*<br>Conversational Pace<br>6-7 | Thursday<br>Rest Day | Friday<br>Cross-Train or Rest<br>Moderate<br>7 | Saturday<br>Run<br>Conversational Pace<br>6-7 | Sunday<br>Rest Day |
|--|---|---|--|----------------------|--|---|--------------------|
| Week 1                                   | 25 minutes                                  | 30-40 minutes                                   | 25 minutes   | Rest                 | 30 minutes                                     | 30 minutes                                    | Rest               |
| Week 2                                   | 25 minutes                                  | 30-40 minutes                                   | 25 minutes   | Rest                 | 30 minutes                                     | 30 minutes                                    | Rest               |
| Week 3                                   | 25 minutes                                  | 30-40 minutes                                   | 30 minutes   | Rest                 | 30 minutes                                     | 35 minutes                                    | Rest               |
| Week 4                                   | 30 minutes                                  | 30-40 minutes                                   | 30 minutes<br>*Pick Ups                                    | Rest                 | 30 minutes                                     | 35 minutes                                    | Rest               |
| Week 5                                   | 30 minutes                                  | 30-40 minutes                                   | 35 minutes<br>*Pick Ups                                    | Rest                 | 30 minutes                                     | 40 minutes                                    | Rest               |
| Week 6                                   | 30 minutes                                  | 30-40 minutes                                   | 35 minutes<br>*Pick Ups                                    | Rest                 | 30-40 minutes                                  | 40 minutes                                    | Rest               |
| Week 7                                   | 35 minutes                                  | 30-40 minutes                                   | 35 minutes<br>*Pick Ups                                    | Rest                 | 30-40 minutes                                  | 45 minutes                                    | Rest               |
| Week 8                                   | 40 minutes                                  | 30-40 minutes                                   | 40 minutes<br>*Pick Ups                                    | Rest                 | 30-40 minutes                                  | 45 minutes                                    | Rest               |
| Week 9                                   | 40 minutes                                  | 30-40 minutes                                   | 40 minutes<br>*Pick Ups                                    | Rest                 | 30-40 minutes                                  | 40 minutes                                    | Rest               |
| Week 10                                  | 35 minutes                                  | Rest  | 30 minutes<br>*Pick Ups                                    | Rest                 | 30 minutes                                     | End of Season                                 | 5K Event!          |



# PR YOUR WAY TO A 5K

| Day<br>Mode<br>Intensity<br>i-Rate Scale | Monday<br>Run<br>Moderate<br>7 | Tuesday<br>Cross-Train or Rest<br>Moderate<br>7 | Wednesday<br>Run<br>Hard<br>8  | Thursday<br>Cross-Train or Rest<br>Moderate<br>7 | Friday<br>Run<br>Conversational Pace<br>6-7 | Saturday<br>Run<br>Conversational Pace<br>6-7 | Sunday<br>Rest Day |
|--|--------------------------------|---|--------------------------------|--|---|---|--------------------|
| Week 1                                   | 40 minutes                     | 30-45 minutes                                   | 45 minutes<br>*Pick Ups        | 30-45 minutes                                    | 40 minutes                                  | 45 minutes                                    | Rest               |
| Week 2                                   | 40 minutes                     | 30-45 minutes                                   | 45 minutes<br>*Pick Ups        | 30-45 minutes                                    | 40 minutes                                  | 45 minutes                                    | Rest               |
| Week 3                                   | 40 minutes                     | 30-45 minutes                                   | 45 minutes<br>*Pick Ups        | 30-45 minutes                                    | 40 minutes                                  | 50 minutes                                    | Rest               |
| Week 4                                   | 45 minutes                     | 30-45 minutes                                   | 45 minutes<br>*Speed A Workout | 30-45 minutes                                    | 40 minutes                                  | 50 minutes                                    | Rest               |
| Week 5                                   | 45 minutes                     | 30-45 minutes                                   | 45 minutes<br>*Speed A Workout | 30-45 minutes                                    | 40 minutes                                  | 45 minutes                                    | Rest               |
| Week 6                                   | 45 minutes                     | 30-45 minutes                                   | 45 minutes<br>*Speed B Workout | 30-45 minutes                                    | 40 minutes                                  | 60 minutes                                    | Rest               |
| Week 7                                   | 45 minutes                     | 30-45 minutes                                   | 45 minutes<br>*Speed B Workout | 30-45 minutes                                    | 40 minutes                                  | 50 minutes                                    | Rest               |
| Week 8                                   | 45 minutes                     | 30-45 minutes                                   | 45 minutes<br>*Speed C Workout | 30-45 minutes                                    | 40 minutes                                  | 60 minutes                                    | Rest               |
| Week 9                                   | 45 minutes                     | 30-45 minutes                                   | 45 minutes<br>*Speed C Workout | 30-45 minutes                                    | 40 minutes                                  | 45 minutes                                    | Rest               |
| Week 10                                  | 40 minutes                     | Rest  | 45 minutes<br>*Speed D Workout | Rest   | 30 minutes                                  | End of Season                                 | 5K Event!          |



# 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 for training. 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 i-Rate 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 i-Rate 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 i-Rate 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.