

Quincy's 5K Training Guide

MON	TUES	WED	THURS	FRI	SAT	SUN
5-10 min Abdominal Conditioning	10 min walk/jog Run 3 min Walk 2 min Repeat 2x	5-10 min Abdominal Conditioning	12 min walk/jog Run 4 min Walk 2 min Repeat 2x	Rest/Stretch	Leg Day 5-10 min Abdominal Conditioning	1.5 mile walk/jog Set your pace using the examples below
5-10 min Abdominal Conditioning	16 min walk/jog Run 5 min Walk 3 min Repeat 2x	5-10 min Abdominal Conditioning	20 min walk/jog Run 8 min Walk 2 min Repeat 2x	Rest/Stretch	Leg Day 5-10 min Abdominal Conditioning	2.3 mile walk/jog Set your pace using the examples below
5-10 min Abdominal Conditioning	22 min walk/jog Run 9 min Walk 2 min Repeat 2x	5-10 min Abdominal Conditioning	24 min walk/jog Run 10 min Walk 2 min Repeat 2x	Rest/Stretch	Leg Day 5-10 min Abdominal Conditioning	3 mile walk/jog Set your pace using the examples below
5-10 min Abdominal Conditioning	28 min walk/jog Run 12 min Walk 2 min Repeat 2x	5-10 min Abdominal Conditioning	FASTER Way 5k Thanksgiving	Rest/Stretch	Leg Day Recovery walk/jog	Rest/Stretch Active Recovery

SET YOUR PACE. The Run-walk ratio guideline as provided by Galloway {run:walk} in minutes unless otherwise noted. The run walk intervals will change you as you decide what feels best for you. Many runners start with the 1:1 ratio and move all the way to 8:1.

- 8 min/mi—4 min run / 35 sec walk
- 9 min/mi— 4 min run / 1 min walk
- 10 min/mi—3 min run / 1 min walk
- 11 min/mi—2 min run/ 30sec - 1 min walk
- 12 min/mi—2 min run / 1 min walk
- 13 min/mi—1 min run / 1 min walk
- 14 min/mi—30 sec run / 30 sec walk
- 15 min/mi—30 sec run /4 5 sec walk
- 16 min/mi—30 sec run /60 sec walk