

5K BEGINNER TRAINING PLAN

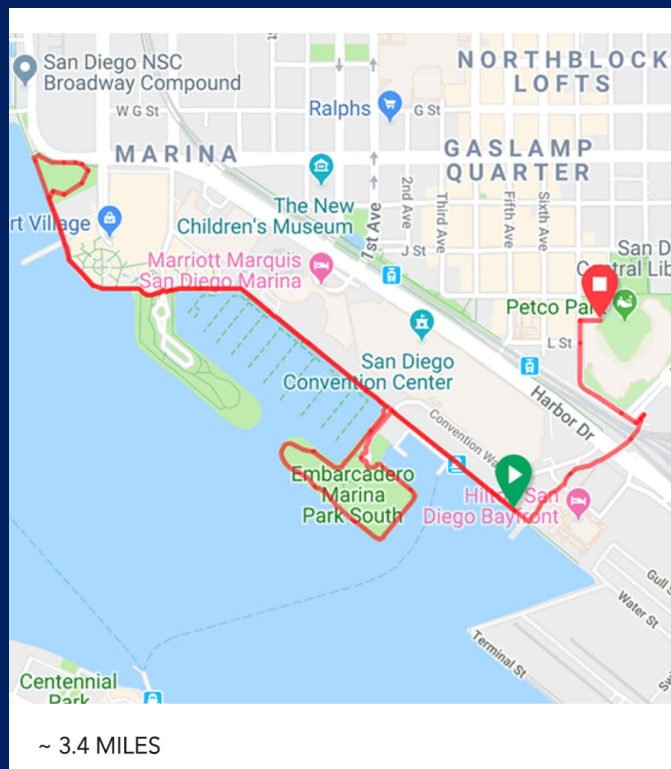
A PEDAL SPECIFIC TRAINING PLAN TO GET YOU READY TO RUN/WALK A 5K IN 6 WEEKS!

6 Week Training Plan

Beginning the week of **September 30TH**

- The plan is based on three days per week of training
- Make sure you have 1 rest day between each workout
- The plan has a walk training plan as well as a walk/run build
- Yoga, strength training, core work on days off are encouraged

5K Run/Walk



This 3.4-mile course starts at the Hilton Bayfront takes you up the Embarcadero with the course finishing on centerfield at Petco Park.

1 Refueling Stations

Week	Day 1	Day 2	Day 3
1	15 min walk OR 15 min as walk 1 min/run 1 min	15 min walk OR 15 min as walk 1 min/run 1 min	20 min walk OR 20 min as walk 1 min/run 1 min
2	20 min walk OR 20 min as walk 2 min/run 2 min	20 min walk OR 20 min as walk 2 min/run 2 min	26 min walk OR 26 min as walk 2 min/run 2 min
3	20 min walk OR 20 min as walk 2 min/run 2 min	20 min walk OR 20 min as walk 2 min/run 2 min	30 min walk OR 30 min as walk 2 min/run 2 min
4	24 min walk OR 24 min as walk 3 min/run 3 min	18 min walk OR 18 min as walk 3 min/run 3 min	36 min walk OR 30 min as walk 5 min/run 5 min
5	24 min walk OR 20 min as walk 5 min/run 5 min	20 min walk OR 24 min as walk 4 min/run 4 min	40 min walk OR 36 min as walk 3 min/run 6 min
6	24 min walk OR 20 min as walk 5 min/run 5 min	20 min walk OR 24 min as walk 4 min/run 4 min	45 min walk OR 40 min as walk 2 min/run 6 min