

Earned Runs™ MIDWEST SURGICAL ASSOCIATION 5K FUN RUN JULY 29, 2019
10 WEEK BEGINNER TRAINING PLAN WITH OPTIONAL TRACK-DAY

	Mon-day	Tuesday	Wednes-day	Thurs-day	Friday	Saturday	Sun-day
Week 1	Dynamic Warm-up	Lower Body Strength	Dynamic Warm-up	Dead Bugs	CROSS TRAIN	Dynamic Warm-up	Foam Roll
May 20	MYRTLs		Myrtl's		30 min	Myrtl's	REST
	TRACK DAY #1	CROSS TRAIN 30 min	5 min warm-up	REST		5 min warm-up	
	or run 1.5 miles	or REST	Run: walk (1: 2min) x 5			Run: walk (2: 2min) x 5	
			5 min cool-down			5 min cool-down	
			total = 25 min			total ~ 30 min ~0.7 – 1 miles	
Week 2	Dynamic Warm-up	Upper Body Strength	Dynamic Warm-up	Dead Bugs	CROSS TRAIN	Dynamic Warm-up	Foam Roll
May 27	MYRTLs		Myrtl's		30 min	Myrtl's	REST
	TRACK DAY #2	CROSS TRAIN 30 min or REST	5 min warm-up	REST		5 min warm-up	
	or run 2.0 miles		Run: walk (1: 1min) x 10			Run: walk (2: 2min) x 5	
			5 min cool-down			5 min cool-down	
			total = 30 min			total ~ 30 min ~.0.7 - 1miles	
Week 3	Dynamic Warm-up	Lower Body Strength	Dynamic Warm-up	Dead Bugs	CROSS TRAIN	Dynamic Warm-up	Foam Roll
June 3	Myrtl's		Myrtl's		35 min	Myrtl's	REST
	TRACK DAY #3	CROSS TRAIN 35 min or REST	5min warm-up	REST		5 min warm-up	
	or run 2.25 miles		Run: walk (2: 1min) x 8			Run: walk (3: 1min) x 5	
			5min			5 min	

Adapted from Mario Fraioli, March 25, 2016 "5K Training for Beginners" Competitor.com

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	cool-down	cool-down
	total = 34 min	total = 30 min ~ 1 – 1.5 miles

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	MON- DAY	TUESDAY	WEDNES- DAY	THUR S-DAY	FRI- DAY	SATURDAY	SUN- DAY
Week 4	Dynamic Warm-up	Upper Body Strength	Dynamic Warm-up	Dead Bugs		Dynamic Warm-up	Foam Roll
June 10	Myrtl's	Myrtl's	Myrtl's			Myrtl's	
	TRACK DAY #4	CROSS TRAIN 35 min	5 min warm-up		CROSS TRAIN 35 min	5 min warm-up	
	or run/walk 3.0 miles	or REST	Run: walk (3: 1min) x 7 5 min cool-down Total = 38 min	REST		Run: walk (3: 1min) x 8 5 min cool-down total = 42 min ~ 1.7 –2.4miles	REST
Week 5	Dynamic Warm-up	Lower Body Strength	Dynamic Warm-up	Dead Bugs		Dynamic Warm-up	Foam Roll
June 17	Myrtl's	Myrtl's	Myrtl's			Myrtl's	
	TRACK DAY #5	CROSS TRAIN 40 min	5 min warm-up		CROSS TRAIN 40 min	5 min warm-up	
	or run/walk 1.75 miles	or REST	Run: walk (4: 1min) x 6 5min cool-down Total = 40 min	REST		Run: walk (4: 1min) x 7 5 min cool-down total = 45 min ~ 2 - 2.8 miles	REST

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Week 6	Dynamic Warm-up	Upper Body Strength	Dynamic Warm-up	Dead Bugs	Dynamic Warm-up	Foam Roll
June 24	Myrtl's	Myrtl's	Myrtl's		Myrtl's	
	TRACK DAY #6	CROSS TRAIN 40 min	5 min warm-up		CROSS TRAIN 40 min	5 min warm-up
	or	or	Run: walk (5: 1min) x 6		Run: walk (6: 1min) x 5	
	run/	REST		REST		REST
	walk 3.0 miles		5 min cool-down		5 min cool-down	
			total = 46 min		total = 45 min ~ 2.1 – 3 miles	

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	Mon-day	Tues-day	Wednes-day	Thurs-day	Fri-day	Saturday	Sun-day
Week 7	Dynamic Warm-up	Lower Body Strength	Dynamic Warm-ups	Dead Bugs		Dynamic Warm-ups	Foam Roll
July 1	Myrtl's	Myrtl's	Myrtl's			Myrtl's	
	TRACK DAY #7	CROSS TRAIN 40 min	5 min warm-up		CROSS TRAIN 40 min	5 min warm-up	
	or run/walk 3.0 miles	or REST	Run: walk (7: 1min) x 4 5 min cool-down	REST		Run: walk (8: 1min) x 3 5 min cool-down	REST
			total = 42 min			total = 37 min ~1.7- 2.4 miles	
Week 8	Dynamic Warm-up	Upper Body Strength	Dynamic Warm-up	Dead Bugs		Dynamic Warm-up	Foam Roll
July 8	MYRTLs	MYRTLs	Myrtl's			Myrtl's	
	TRACK DAY #8	CROSS TRAIN 45 min	5 min warm-up		CROSS TRAIN 45 min	5 min warm-up	
	Or run/walk 3.0 miles	or REST	Run: walk (9: 1min) x 3 5 min cool-down	REST		Run: walk (10: 1min) x 3 5 min cool-down	REST
			total = 40 min			total = 43 min ~ 2.1- 3 miles	

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Week 9	Dynamic Warm-up	Lower Body Strength	Dynamic Warm-up	Dead Bugs		Dynamic Warm-up	Foam Roll
July 15	Myrtl's	Myrtl's	Myrtl's			Myrtl's	
	TRACK DAY #9	CROSS TRAIN 45 min	5 min warm-up		CROSS TRAIN 45 min	5 min warm-up	
	or run/walk 2.375 miles	or REST	Run: walk (12: 1min) x 3	REST		Run: walk (15: 1min) x 3	REST
			5 min cool-down			5 min cool-down	
			total = 49 min			total ~58 min ~3.2 – 4.5miles	
	Monday	Tuesday	Wednesday	Thurs-day	Friday	Saturday	Sun-day
Week 10	Dynamic Warm-up	Upper Body Strength	Dynamic Warm-up	Dead Bugs		Dynamic Warm-up	Foam Roll
July 22	MYRTLs	MYRTLs	MYRTLs			MYRTLs	
	TRACK DAY #10	CROSS TRAIN 30 min	5 min warm-up		CROSS TRAIN 30 min	5 min warm-up	
	or run/walk 3.375 miles	or REST	20 min easy run only	REST		25 min easy run only	REST
			5 min cool-down			5 min cool-down	
			Total = 30 min			total = 35 min ~1.8- 2.5miles	
Race Week	Dynamic Warm-up						
JULY 29	Myrtl's						
	Optional Pre-run Foam roll						

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5K RACE DAY!

Post-run
Foam Roll

Post-run
Stretch