

TRACK DAYS SCHEDULE

Each 1full lap of a standard track is about one-quarter mile in distance (.25 mile)

WEEK #1 (1.5 miles)

START: One lap warm-up walk

RUN: the straight segments and WALK the curved turns

Repeat: 6 times (full laps) = 1.5 miles

END: One lap cool-down walk

WEEK #2 (2.0 miles)

START: One lap warm-up walk

RUN: the straight segments and WALK: the curved turns

Repeat: 4 times (full laps) = 1.0 miles

then

RUN: half lap and WALK: half lap

Repeat: 4 times (full laps) = 1.0 miles

END: One lap cool-down walk

WEEK #3 (2.25 miles)

START: One lap warm-up walk

RUN: half lap and WALK: half lap

Repeat: 6 times (full laps) = 1.5 miles

then

RUN: 1 full lap and WALK: half lap

Repeat: 2 times = 0.75 miles

END: One lap cool-down walk

WEEK #4 (3.0 miles)

START: One lap warm-up walk

RUN: half lap and WALK: half lap

Repeat: 6 times (full laps) = 1.5 miles

then

RUN: 1 full lap and WALK: half lap

Repeat: 4 times = 1.5 miles

END: One lap cool-down walk

WEEK #5 (1.75 miles)

START: One lap warm-up walk

RUN: 1 full lap and WALK: half lap

Repeat: 4 times = 1.5 miles

then

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10 WEEK Beginner Training Plan

RUN: 2 full laps and WALK: half lap
Repeat: 2 times = 1.25 miles
END: One lap cool-down walk

WEEK #6 (3.0 miles)

START: One lap warm-up walk
RUN: 2 full laps and WALK: half lap
Repeat: 3 times = 1.875 miles
then
RUN: 4 full laps and WALK: half lap
Repeat: 1 time = 1.125 miles
END: One lap cool-down walk

WEEK #7 (3.0 miles)

START: One lap warm-up walk
RUN: 1 full lap and WALK: half lap
Repeat: 1 time = 0.375
then
RUN: 2 full laps and WALK: half lap
Repeat: 1 time = 0.625 miles
then
RUN: 3 full laps and WALK: half lap
Repeat: 1 time = 0.875
then
RUN: 4 full laps and WALK: half lap
Repeat: 1 time = 1.125
END: One lap cool-down walk

WEEK #8 (3.0 miles)

START: One lap warm-up walk
RUN: 1 full lap and WALK: half lap
Repeat: 1 time = 0.375 miles
then
RUN: 3 full laps and WALK: half lap
Repeat: 3 times = 2.625 miles
END: One lap cool-down walk

WEEK #9 (2.375 miles)

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START: One lap warm-up walk
RUN: 2 full laps and WALK: half lap
Repeat: 2 times = 1.25 miles
then
RUN: 4 full laps and WALK: half lap
Repeat: 1 time = 1.125 miles
END: One lap cool-down walk

WEEK #10 (3.375 miles)
START: One lap warm-up walk
RUN: 4 full laps and WALK: half lap
Repeat: 3 times = 3.375 miles
END: One lap cool-down walk