

Refreshing Start Training Track 5K Training Program

Week	Day 1 (Sunday)	Day 2 (Monday)	Day 3 (Tuesday)	Day 4 (Wednesday)	Day 5 (Thursday)	Day 6 (Friday)	Day 7 (Saturday)
1	1 mile Warm-up first/keep your time	Rest	Strength & XT 20 min	Run 10-15 minutes	Rest	Strength & run 1mi	XT 20 minutes
2	1.25 miles Warm-up first/keep your time	Rest	Strength & XT 20 min	Run 15-20 minutes	Rest	Strength & run 1mi	XT 20 minutes
3	1.5 miles	Rest	Strength & XT 25 min	Run 15-20 minutes	Rest	Strength & run 1.5mi	XT 25 minutes
4	2 miles	Rest	Strength & XT 25 min	Run 20-25 minutes	Rest	Strength & run 1.5mile	XT 30 minutes
5	2 miles	Rest	Strength & XT 30 min	Run 20-25 minutes	Rest	Strength & run 2 mile	XT 30 minutes
6	2.5 miles	Rest	Strength & XT 30 min	Run 25-30 minutes	Rest	Strength & run 2 mile	XT 35 minutes
7	2.5 miles	Rest	Strength & XT 35 min	Run 25-30 minutes	Rest	Strength & run 2 mile	XT 35 minutes
8	3 miles	Rest	Strength & XT 35 min	Run 30-35 minutes	Rest	Strength & run 2 mile	XT 40 minutes
9	3.5 miles	Rest	Strength & XT 35 min	Run 35 minutes	Rest	Strength & run 2 mile	XT 45 minutes
10	3 miles	Rest	Strength and XT 20 min	Run 30 minutes	Rest	Walk?	5K!

Sundays (Day 1) are longer runs for mileage. Keep track of your time so you can see if you are getting faster. Warm-up well before starting. Work hard during this run- you have a rest day tomorrow!

Mondays and Thursdays (Day 2 and 5) are rest days. It is very important to have rest days, take more if you need them- listen to your body. If you're feely antsy- take a walk on a rest day, but keep it casual!

Tuesdays (Day 3) are cross-training (XT) days with some strength/core exercises. The strengthening exercises should be done first, but be sure to warm-up well- like walk + dynamic warm-up. Cross training (XT) can be just about anything. If you are going to play a sport, just make sure you sweat!

Wednesdays (Day 4) you are running for a specific amount of time. Warm-up before you start your timer. Have fun with these runs- speed up for a couple minutes here and there- add hills- run a trail.

Fridays (Day 6) are short easy runs after some strength/core exercises. If you only have time for one workout- choose the strength (with a warm-up).

Saturdays (Day 7) are cross-training (XT) days for a longer period, but without the strengthening. Make it a good workout!

*Program developed by Jennifer Hammett,
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Strength training can include core strength training or body weight exercises. **Cross training** (XT) activities can be Zumba, aerobics, biking, elliptical, swimming, walking etc. Links to examples are in your welcome email.

Courtesy of the Sports Medicine
Department at



Cheshire Medical Center
Dartmouth-Hitchcock