



# Hartford Marathon Foundation

## 5K Run/Walk Training\*

HARTFORD MARATHON FOUNDATION

Weeks to Race	Training Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10	1	Walk 4 minutes, Run 2 minutes, Repeat 4 more times. Total time: 30 mins	Walk 20-30 Minutes	REST AND RECOVERY**	Walk 4 minutes, Run 2 minutes, Repeat 4 more times. Total time: 30 mins	REST AND RECOVERY	Walk 4 minutes, Run 2 minutes, Repeat 4 more times. Total time: 30 mins	Walk 20-30 Minutes
9	2	Walk 4 minutes, Run 2 minutes, Repeat 4 more times. Total time: 30 mins	Walk 25-30 Minutes	REST AND RECOVERY	Walk 4 minutes, Run 2 minutes, Repeat 4 more times. Total time: 30 mins	REST AND RECOVERY	Walk 4 minutes, Run 2 minutes, Repeat 4 more times. Total time: 30 mins	Walk 25-30 Minutes
8	3	Walk 4 minutes, Run 2 minutes, Repeat 4 more times. Total time: 30 mins	Walk 25-35 Minutes	REST AND RECOVERY	Walk 4 minutes, Run 2 minutes, Repeat 4 more times. Total time: 30 mins	REST AND RECOVERY	Walk 4 minutes, Run 2 minutes, Repeat 4 more times. Total time: 30 mins	Walk 25-35 Minutes
7	4	Walk 3 1/2 minutes, Run 4 minutes, Repeat 3 times. Total time: 30 mins	Walk 20 Minutes	REST AND RECOVERY	Walk 3 1/2 minutes, Run 4 minutes, Repeat 3 times. Total time: 30 mins	REST AND RECOVERY	Walk 3 1/2 minutes, Run 4 minutes, Repeat 3 times. Total time: 30 mins	Walk 20 Minutes
6	5	Walk 2 1/2 minutes, Run 5 minutes, Repeat 3 more times. Total time: 30 mins	Walk 25-30 Minutes	REST AND RECOVERY	Walk 2 1/2 minutes, Run 5 minutes, Repeat 3 times. Total time: 30 Mins	REST AND RECOVERY	Walk 2 1/2 minutes, Run 5 minutes, Repeat 3 times. Total time: 30 Mins	Walk 25-30 Minutes
5	6	Walk 2 minutes, Run 7 minutes. Repeat 2 more times. Total time: 30 mins	Walk 25-35 Minutes	REST AND RECOVERY	Walk 2 minutes, Run 7 minutes. Repeat 2 more times. Total time: 30 mins	REST AND RECOVERY	Walk 2 minutes, Run 7 minutes. Repeat 2 more times. Total time: 30 mins	Walk 25-35 Minutes
4	7	Walk 1 minute, Run 9 minutes. Repeat 2 more times. Total time: 30 mins	Walk 30-35 Minutes	REST AND RECOVERY	Walk 1 minute, Run 9 minutes. Repeat 2 more times. Total time: 30 mins	REST AND RECOVERY	Walk 1 minute, Run 9 minutes. Repeat 2 more times. Total time: 30 mins	Walk 30-35 Minutes
3	8	Walk 2 minutes, Run 7 minutes. Repeat 2 more times. Total time: 30 mins	Walk 25 Minutes	REST AND RECOVERY	Walk 2 minutes, Run 13 minutes. Repeat once. Total time: 30 mins	REST AND RECOVERY	Walk 2 minutes, Run 13 minutes. Repeat once. Total time: 30 mins	Walk 25 Minutes
2	9	Walk 2 minutes, Run 13 minutes. Repeat once. Total time: 30 mins	Walk 30 Minutes	REST AND RECOVERY	Walk 1 minute, Run 14 minutes. Repeat once. Total Time: 30 mins	REST AND RECOVERY	Walk 1 minute, Run 14 minutes. Repeat once. Total Time: 30 mins	Walk 30 Minutes
1	10	Walk 15 minutes or OFF.	Walk 30 Minutes	REST AND RECOVERY	Walk 2 minutes, Run 13 minutes. Repeat once. Total time: 30 mins	REST AND RECOVERY	<b>Race Day</b>	Recovery - OFF or Slow Walk

**Phase of Training:**

Base Building: Prepares you for next training phase

Taper: Reduce mileage to help muscles rest for race day

Recovery: Easy/moderate intensity walk/run to aid blood flow to muscles

**\*Please note:**

This is a basic progressive training schedule. Your actual mileage may vary!

Due to the diversity of experience and fitness levels, the plan may not be appropriate for everyone.

\*\*Rest / Recovery Days - Refrain from lower body workouts; upper body and stretching (such as yoga) are fine.

\*\*Cross Training can be a 30-40 minute bike ride or a 20 minute swim at Relative Perceived Effort 1-2. RPE 1-2 is defined as exertion where breathing difficulty is perceived as light.

**Please consult a physician or other health care professional before starting this or any fitness program to determine if it is suitable.**