



5K ROAD RACE

Training Program

For Beginners or Those Without a Time Goal

Jeff Galloway has coached over a million runners to their goals. This program has virtually zero or minimal risk of injury, is empowering, and can be easily inserted into a busy lifestyle without lingering fatigue.

For more information visit www.jeffgalloway.com or www.runinjuryfree.com.

Jeff Galloway | US Olympian | Official Training Consultant, IMT Des Moines Marathon



TRAINING PROGRAM OVERVIEW

01

Time required: 20-30 minutes on two weekdays (Tu/Thur or Mon/Wed) plus one weekend run/walk that will build gradually to 3.5 miles. Walk breaks can eliminate or reduce excessive fatigue and orthopedic stress.

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Who? This program is designed for those who have been walking for at least 15 minutes, 2-3 days a week for at least two weeks with no problems, and are not interested in a time goal. If you haven't been doing this much exercise increase the duration of a walk, every other day to 15 minutes, over 2-3 weeks. The advice is given as one exerciser to another. For medical issues, see a doctor.

03

Textbook: My book 5K/10K has backup information for both of these events. You can order this book from www.JeffGalloway.com.

04

Walkers: Simply follow the schedule below. Walk slowly on all of the long ones. I don't recommend power walking or race walking.

05

Use A Short Stride: Whether walking or running, adjust your stride so that it is relaxed and well within a natural range of motion for you. Keep your feet low to the ground. Shorter strides reduce effort and orthopedic stress.

06

The Long Workout. As you push back the length of the long run, every two weeks, you'll extend endurance limits, improve mental concentration at the end of races, and enhance your physiological infrastructure. Longer long run/walks, for example, improve your cardiovascular plumbing system so that you can deliver blood better to the exercising muscles, and withdraw waste more effectively. The endurance workout is the primary training component in a 5K program.



TRAINING PROGRAM OVERVIEW

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Pace Must Be Slow. I've developed a simple 800 meter test to determine a recommended pace for the long run. Go to a track and run very slowly for two laps. Take as many walk breaks as you need to avoid huffing and puffing on this test. If you are not huffing and puffing at the end of the second lap, take your time, multiply by 2 and add three minutes. If you are huffing and puffing at the end, multiply by 2 and add 4 minutes. The result is the fastest per mile time you should be recording on your long runs--you can always go slower. These tests are noted on the weekend schedule as (800T). Run/walk/run gently for 10 minutes before timing yourself for the 800. Only one 800 is timed during each of these workouts. Jog and walk gently for the rest of the time for that workout. You can adjust your long run pace as the 800T time improves.

08

Run-Walk-Run: This method has allowed hundreds of thousands of beginners to finish races of 5K and longer distances. By inserting a walk break from the beginning of the workout, and continuing to walk according to a plan, there is no need to experience extra fatigue, pain, or injuries. For more information visit www.JeffGalloway.com

Examples:

1. 800 time is 6:00 without huffing and puffing: $6:00 \times 2 = 12:00$. Adding 3 minutes will give you a long run pace of no faster than 15 min/mile.
2. 800 time is 6:00 but you are huffing and puffing at the end: $6 \times 2 = 12:00$. Adding 4 minutes will give you a long run pace of no faster than 16 minutes per mile.



TRAINING PROGRAM OVERVIEW

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Long Run Strategy: The amount of running and walking is adjusted for the pace per mile.

19-20 min/mi—run 5 sec/walk 55 sec

18 min/mi—Run 10 sec/walk 50 sec

17 min/mi—Run 10 sec/walk 40 sec

16 min/mi—Run 10 sec/walk 30 sec

15 min/mi—Run 15 sec/walk 30 sec

or run 10/walk20

13-14 min/mi—Run 30 sec/walk 30 sec,

or 20/20 or 15/15

11-12 min/mi—Run 2 min/walk 1 min

or run 60 sec/walk 30 or 40/20

10 min/mi—Run 3 min/walk 1 min or 90/30

or 60/20 or 45/15

9 min/mi—Run 4 min/walk 1 min or 2 min

run/30 sec walk or 80/20

8 min/mi—Run 4 min/walk 30 sec or

run 3 min/walk 20 sec or 2min/15

7 min/mi—Run 5 min/walk 20 sec or

run 7 min/walk 30-35 sec

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Maintenance Workouts: Usually, the long workout is done on weekends, and the two maintenance workouts are done on Tuesday and Thursday (or Monday and Wednesday when the long one is on Saturday). The pace of these can be as slow or as fast as you want to go, as long as you are recovering well from the weekend long ones. Beware of fast running as this increases the risk of aches, pains and injuries.

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Rest Days: When you go farther than you have gone before, your muscles, tendons, joints, etc. need time to rebuild stronger. Don't do strenuous exercise the day before and after a long one. On the other non-running days, you can do any exercise that does not fatigue the calf muscle (but this "cross training" is not necessary to finish the 5K). So walking, swimming, cycling, elliptical, and rowing are fine. But stair machines, leg weight work, and step aerobics are not.

For additional IMT Des Moines Marathon event information visit www.desmoinesmarathon.com and click on Train.



TRAINING PROGRAM & SCHEDULE

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Warm up: walk for 3 minutes, then run for 10-30 seconds/walk for the rest of the minute for 3-5 minutes. Then use the run-walk-run strategy that is appropriate.

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Warm Down: After your workout, don't stop. Jog slowly, using as many walk breaks as you wish for the next 10 minutes, and then walk for 3-5 minutes. You're done!

If you are already running more than 1 mile, you can start at the length of the long run which matches your current long run distance in the past 2 weeks. If you have not finished a long one of 1 mile or longer, within the last 3 weeks, go very slowly and complete a one mile workout before starting this program. You may walk this 1 miler.

Note: at www.JeffGalloway.com you can find a timer that will beep and/or vibrate to tell you when to walk and when to run.

Schedule for beginners or veteran runners who are re-starting after a layoff:

AUGUST 25 TH	AUGUST 27 TH	AUGUST 29 TH
10 minutes	13 minutes	1 mile*

*Walk the first half, and run 10 sec/walk 40 for the second.

SEPTEMBER 01 ST	SEPTEMBER 03 RD	SEPTEMBER 05 TH
16 minutes	16 minutes	1.5 miles *

*Walk the first half mile, then use 10/40 for half a mile walk for 3-4 minutes and do the (800T). Remember that this is just to get a reference time for setting the long run pace—no huffing and puffing.

SEPTEMBER 08 TH	SEPTEMBER 10 TH	SEPTEMBER 12 TH
22 minutes	25 minutes	2 miles*

*Walk the first half mile and use 15/30 or 15/15 for the rest.



5K ROAD RACE TRAINING SCHEDULE

SEPTEMBER 15 TH	SEPTEMBER 17 TH	SEPTEMBER 19 TH
28 minutes	30 minutes	2.5 miles*

*Walk the first quarter mile and then use 10/30 for a mile. Then run the (800T) with the goal of running faster than in week 2. Then use 10/30 for the last .75 mile.

SEPTEMBER 22 ND	SEPTEMBER 24 TH	SEPTEMBER 26 TH
30 minutes	30 minutes	3 miles*

*Use the run/walk/run strategy that works best for you. You cannot go too slowly.

SEPTEMBER 29 TH	OCTOBER 01 ST	OCTOBER 03 RD
30 minutes	30 minutes	3.5 miles*

*For the first mile, use 10/30. Then do the (800T). Try to beat you best time so far. During the remaining 2 miles use the run/walk/run strategy that works best for you.

OCTOBER 06 TH	OCTOBER 08 TH	OCTOBER 10 TH
30 minutes	30 minutes	3.5 or 4 miles *

*Use the run/walk/run strategy that works best for you). You cannot run too slowly or walk too much on this last long run.

OCTOBER 14 TH	OCTOBER 16 TH	OCTOBER 17 TH
30 minutes	30 minutes	★ THE PRINCIPAL FINANCIAL GROUP 5K ROAD RACE

OCTOBER 21 ST	OCTOBER 23 RD	OCTOBER 25 TH
30 minutes	30 minutes	30 minutes



5K ROAD RACE TRAINING SCHEDULE

For those who have been running 2 miles within 3 weeks of starting

SEPTEMBER 08 TH	SEPTEMBER 10 TH	SEPTEMBER 12 TH
30 minutes	30 minutes	2 miles*

*If starting back recently, walk the first mile, and run/walk/run the second.

SEPTEMBER 15 TH	SEPTEMBER 17 TH	SEPTEMBER 19 TH
30 minutes	30 minutes	2.5 miles

SEPTEMBER 22 ND	SEPTEMBER 24 TH	SEPTEMBER 26 TH
30 minutes	30 minutes	3 miles

SEPTEMBER 29 TH	OCTOBER 01 ST	OCTOBER 03 RD
30 minutes	30 minutes	3.5 miles

OCTOBER 06 TH	OCTOBER 08 TH	OCTOBER 10 TH
30 minutes	30 minutes	4 miles

OCTOBER 14 TH	OCTOBER 16 TH	OCTOBER 17 TH
30 minutes	30 minutes	★ THE PRINCIPAL FINANCIAL GROUP 5K ROAD RACE

OCTOBER 21 ST	OCTOBER 23 RD	OCTOBER 25 TH
30 minutes	30 minutes	30 minutes

Run/walk/run: use the strategy that works best for you.



5K ROAD RACE COURSE MAP

