

Corporate Run 5K Training Schedule

**1st Place Sports is offering this training program
to get your team ready!**

Date	Monday	Tuesday	Wed.	Thursday	Friday	Saturday	Sunday
Week 1	W4-R1 (6)	Walk 30 M	W4-R1 (6)	W4-R1 (3)	Walk 30 M	W4-R1 (6)	Off
<p>The first week you're walking the majority of the time. M = minutes. If you miss a day do not try to make it up. Walk 4 minutes (W4) and then run 1 minute (R1). Do this cycle six times (6). Do not run too fast. You should not be huffing and puffing.</p>							
Week 2	W3-R2(6)	Walk 30 M	W3-R2(6)	W3-R2 (6)	Walk 30 M	W3-R2(6)	Off
<p>Are you doing your stretching? Walk for 5 minutes, then Stretch, do your walk/run.</p>							
Week 3	W3-R2(7)	Walk 35 M	W3-R2(7)	W3-R2(7)	Walk 30 M	W3-R2(7)	Off
<p>The average American takes 20 years to get out of condition and he/she wants to get back in condition in 20 days.</p>							
Week 4	W3-R3 (6)	Walk 35 M	W3-R3 (6)	W3-R3 (3)	Walk 35 M	W3-R3 (6)	Off
<p>Keep a log of your walk/run each day. Write down weather and temperature, how you feel before and after, and general comments about each walk/run.</p>							
Week 5	W3-R3 (7)	Walk 35 M	W3-R3 (7)	W3-R3 (3)	Walk 35 M	W3-R3 (7)	Off
<p>Remember to drink a lot of water before, during and after each walk/run.</p>							
Week 6	W2-R4(6)	Walk 40 M	W2-R4(6)	W2-R4(3)	Walk 35 M	W2-R4(6)	Off
<p>Wear light clothing. Avoid 100 cotton. The best is Coolmax outfits.</p>							
Week 7	W2-R4(7)	Walk 40 M	W2-R4(7)	W2-R4(3)	Walk 35 M	W2-R4(7)	Off
<p>Now that you have stuck to the program this long, make sure to take care of your feet. How are your running shoes?</p>							
Race Week	W1-R5(6)	W1-R5(3)	Walk 35 M	Race Day			
<p>Race day tip #1: Have a light lunch and drink plenty of water; have a small snack around 3:30 PM. Race day tip #2: Arrive early and be patient the first mile until the crowd thins. Race day tip #3: Walk through the water stations, taking time to drink water.</p>							