



Your Six-week Guide to Running a 5K! Follow us Online at kootenayfun5.com

Walk-Run Workout: Warm-up walking 5 minutes at a brisk pace. Alternate running at a controlled, moderate effort and follow with brisk walking. Five-minute cool down and don't forget to stretch!!!

WEEK 1

Wednesday: 24 minutes: run 1 min/walk 3 min; repeat 6x
Thursday: Strength Training
Friday: 24 minutes: run 1 min/walk 3 min; repeat 6x
Saturday: 24 minutes: run 1 min/walk 3 min; repeat
Sunday: Rest/Stretch
Monday: 30 minute walk
Tuesday: Rest/Stretch

WEEK 2

Wednesday: warm-up paced walk for 3 minutes, brisk walk for 2 minutes. Repeat 10x: jog 60s, hard walk 90s.
Thursday: Strength Training
Friday: 5 minute brisk walk, repeat 10x: jog 60s, walk 90s. Repeat 5x: jog 30s, walk 30s.
Saturday: warm-up paced walk for 3 minutes, brisk walk for 2 minutes. Repeat 10x: jog 60s, hard walk 90s.
Sunday: Rest/Stretch
Monday: Interval Training
Tuesday: Rest/Stretch

WEEK 3

Wednesday: walk 3 minutes moderate pace. Repeat 4x: walk 1 minute, jog 1 minute. Repeat 3x: jog 2 minutes, walk 2 minutes.
Thursday: Strength Training
Friday: Walk 5 minutes. Repeat 4x: jog 3 minutes, walk 2 minutes.
Saturday: walk 3 minutes moderate pace. Repeat 4x: walk 1 minute, jog 1 minute. Repeat 3x: jog 2 minutes, walk 2 minutes.
Sunday: Rest/Stretch
Monday: Interval Training
Tuesday: Rest/Stretch

WEEK 4

Wednesday: Walk 5 minutes brisk pace. Jog 10 minutes, easy pace. Walk 3 minutes, jog 2 minutes.
Thursday: Strength Training
Friday: Walk 5 minutes brisk pace. Repeat 4x: Jog moderate pace 4 minutes, walk brisk pace 1 minute.
Saturday: Walk 5 minutes brisk pace. Jog 10 minutes, easy pace. Walk 3 minutes, jog 2 minutes.
Sunday: Rest/Stretch
Monday: Interval Training
Tuesday: Rest/Stretch

WEEK 5

Wednesday: Walk 5 minutes brisk pace. Jog moderate pace 15 minutes. Walk hard 3 minutes, jog hard 2 minutes.
Thursday: Strength Training
Friday: Walk 5 minutes brisk pace. Light jog 25 minutes, walk when necessary for up to 30s.
Saturday: Walk 5 minutes brisk pace. Jog moderate pace 15 minutes. Walk hard 3 minutes, jog hard 2 minutes.
Sunday: Interval Training
Monday: Brisk Walk 40-45 minutes.
Tuesday: Rest/Stretch

WEEK 6

Wednesday: Walk 5 minutes brisk pace. Jog at your own pace 30 minutes.
Thursday: Strength Training
Friday: Walk 5 minutes brisk pace. Repeat 5x: Jog hard pace 4 minutes, walk hard 1 minute.
Saturday: Race Day!

STRENGTH TRAINING ROUTINE A.

Set A: Repeat Three Times

1. Bodyweight Squats – 20 count
2. Knee Lifts – 20 count alternating

Set B: Repeat Three Times

1. Stationary Lunges – 12 count per side
2. Hamstring Curls – 15 count per side

Set C: Repeat Three Times

1. Chest to Deck Push-ups – 10 count
2. Glute Bridge – 20 count

Set D: Repeat Three Times

1. Heel Drops – 15 count alternating
2. Back Extensions – 15 count

STRENGTH TRAINING ROUTINE B.

Set A: Repeat Three Times

3. Bodyweight Squats – 20 count
4. Lunge to Knee Lifts – 15 count per side

Set B: Repeat Three Times

3. Back Lunges – 12 count per side
4. Hamstring Curls – 15 count per side

Set C: Repeat Three Times

3. Chest to Deck Push-ups – 10 count
4. Glute Bridge – 20 count

Set D: Repeat Three Times

3. Heel Drops – 15 count alternating
4. Back Extensions – 15 count

STRENGTH TRAINING ROUTINE C.

Set A: Repeat Three Times

5. Bodyweight Squats – 20 count
6. Lunge to Knee Lifts – 15 count per side

Set B: Repeat Three Times

5. Back Lunges – 24 alternating
6. Hamstring Slide ins – 15 count per side

Set C: Repeat Three Times

5. Chest to Deck Push-ups – 10 count
6. Single Leg Glute Bridge – 20 count per side

Set D: Repeat Three Times

5. Leg lifts – 15 count alternating
6. Bird/Dog – 15 alternating

STRENGTH TRAINING ROUTINE D.

Set A: Repeat Three Times

7. Bodyweight Squats – 30 count
8. Lunge to Knee Lifts (double lunge pulse) – 15 count alternating

Set B: Repeat Three Times

7. Front Lunge – 12 count per side
8. Hamstring Slide-ins – 15 count per side

Set C: Repeat Three Times

7. Chest to Deck Push-ups – 10 count
8. Single leg Glute Bridge – 15 per side plus 20 count pulse

Set D: Repeat Three Times

7. Heel Cross over ab-pull-ins – 15 count alternating
8. Bird Dog – 15 count per side alternating

STRENGTH TRAINING ROUTINE E.

Set A: Repeat Three Times

9. Bodyweight Squats – 20 count and 20 count pulse
10. Lunge to Knee Lifts (double lunge pulse) – 15 count alternating

Set B: Repeat Three Times

9. Front Lunge – 24 alternating
10. Standing donkey kicks – 15 count per side

Set C: Repeat Three Times

9. Chest to Deck Push-ups – 10 count
10. Glute Bridge – 20 count with 30 second hold and squeeze

Set D: Repeat Three Times

9. Heel Drops – 20 count alternating
10. Back Extensions – 15 count alternating

STRENGTH TRAINING ROUTINE F.

Set A: Repeat Three Times

11. Bodyweight Squats – 20 count, 20 pulses, 10 second hold
12. Lunge to Knee Lifts (triple lunge pulse) – 15 count alternating

Set B: Repeat Three Times

11. Stationary Lunges – 15 count per side 10 pulses
12. Standing Donkey kicks – 15 count per side

Set C: Repeat Three Times

11. Chest to Deck Push-ups – 10 count
12. Glute Bridge – 20 count, 10 pulses, 20 second hold

Set D: Repeat Three Times

11. Leg lifts – 15 count per side
12. Back Extensions – 15 count alternating

INTERVAL TRAINING ROUTINE A

Set A: Repeat 5x

1. In-out Jumps – 20 count or quick side to side squats

2. Rest 30 seconds

Set B: Repeat 5x

1. Knee-ups – 20 count per side

2. Rest 30 seconds

Set C: Repeat 5x

1. Mountain Climbers or High Knee Runs – 20 per side

2. Rest 30 seconds

Set D: Repeat 5x

1. Run-ups – 25 per side

2. Rest 30 seconds

INTERVAL TRAINING ROUTINE B

Set A: Repeat 5x

1. Squat Jumps – 20 count or quick side to side squats

2. Rest 30 seconds

Set B: Repeat 5x

1. Kickbox kicks – 20 count per side

2. Rest 30 seconds

Set C: Repeat 5x

1. Quick feet – 60 alternating

2. Rest 30 seconds

Set D: Repeat 5x

1. Star Jumps – 20 per side

2. Rest 30 seconds

INTERVAL TRAINING C

Set A: Repeat 5x

1. Speed Skaters – 20 count or quick side to side squats

2. Rest 30 seconds

Set B: Repeat 5x

1. Lateral bounds – 30 count

2. Rest 30 seconds

Set C: Repeat 5x

1. Mountain Climbers or High Knee Runs – 20 per side

2. Rest 30 seconds

Set D: Repeat 5x

1. Alternating Skiers – 25 per side

2. Rest 30 seconds

Stretches:

1. Runners Lunge 2. Low Back Twist 3. Hamstring Stretch (lying) 4. Figure Stretch (lying) 5. Quad Stretch (lying) 6. Chest Expansion 7. Reach behind and hold 8. Pole Reach 9. Child's Pose

More Advanced Stretches 1. Pigeon Pose 2. Seated Figure 3. Couch Stretch 4. Seated Twist

INTERVAL TRAINING D

Set A: Repeat 5x

1. In-out Jumps – 30 count or quick side to side squats

2. Rest 30 seconds

Set B: Repeat 5x

1. Can-can legs – 20 count per side

2. Rest 30 seconds

Set C: Repeat 5x

1. Ladder Climbs – 20 per side

2. Rest 30 seconds

Set D: Repeat 5x

1. Toe taps – 25 per side

2. Rest 30 seconds

INTERVAL TRAINING E

Set A: Repeat 5x

1. Squat Jumps – 30 count or quick side to side squats

2. Rest 30 seconds

Set B: Repeat 5x

1. Step to Knee-ups – 20 count per side

2. Rest 30 seconds

Set C: Repeat 5x

1. Side Kick box kicks – 20 per side

2. Rest 30 seconds

Set D: Repeat 5x

1. Butt Kicks – 50 alternating

2. Rest 30 seconds

INTERVAL TRAINING F:

Set A: Repeat 5x

1. In-out Jumps – 15 count or quick side to side squats

2. Squat Jumps – 15

3. Rest 30 seconds

Set B: Repeat 5x

1. Knee-up Jumps – 20 count per side

2. Rest 30 seconds

Set C: Repeat 5x

1. Mountain Climbers or High Knee Runs - 40 per side

2. Rest 30 seconds

Set D: Repeat 5x

1. Straddle Toe Taps – 30 per side

2. Rest 30 seconds