

## Self-Paced 5K Training Plan

### **Description:**

Hanscom Fitness & Sports Center is conducting a Self-Paced 5K Training Plan for the month of September. This 5K training program is built for anyone who wishes to stay fit and enjoys running or would like to get better at it.

### **Gear:**

- Choose a fitness application for your phone to help you keep track of your progress. Examples of these applications are Nike+, Adidas Running, RunKeeper or MapMyRun.
- Running Shoes and comfortable workout outfits
- Mask
- Water to stay hydrated!

### **Instructions:**

- Download or learn the Fitness Application you choose to use.
- Plan your route.
- Check off circles from the list on page 2 if you have completed the task/exercise.
- Once you complete the FINAL DAY of this program, please take a snapshot of your run time.
  - o Send us your name and contact information via email to paul.shoesmith@us.af.mil or share it via our Facebook page at <https://www.facebook.com/66FSSHanscom/>.

### **Location:**

- Anywhere
- Please maintain your social distance and wear a mask during your run.
- Do not run in a crowded area

### **Award:**

- All participants will be given an award
- Top 3 finishers will be announced in Male & Female Category

### **Participation:**

- Anyone
  - o Consult your doctor before you start this 5K training program

## 5K Training Plan Tasks:

### Week 1: Run at least 1.5 miles or more

Day 1: Run for 15-20 minutes

- Walk to warm up your legs for 3 - 7 minutes 
  - Shake your legs (loosen them)
  - Prepare and envision how the run will benefit for your physical well-being
- Run or jog for 15-20 minutes
- Warm down for 2-5 minutes

Day 2: Walk & Stretch

- Walk around your neighborhood for 15- 20 minutes
- Stretch your legs and your backs for 15-20 minutes
- Deep Breath Exercise for 10 minutes

Day 3: Run for 17-22 minutes

- Walk to warm up your legs for 3 - 7 minutes 
  - Shake your legs (loosen them)
  - Prepare and envision how the run will benefit for your physical well-being
- Run or Jog for 17-22 minutes
- Warm down for 2-5 minutes

Day 4: Walk & Stretch (Social Distance)

- Walk around your neighborhood for 15- 20 minutes
- Stretch your legs and your backs for 15-20 minutes
- Deep Breath Exercise for 10 minutes

Day 5: Run for 19-24 minutes

- Walk to warm up your legs for 4 - 8 minutes 
  - Shake your legs ( loosen them)
  - Prepare and envision how the run will benefit for your physical well-being
- Run or Jog for 19-24 minutes
- Warm down for 2-5 minutes

Day 6: Walk & Stretch (Social Distance)

- Walk around your neighborhood for 15- 20 minutes
- Stretch your legs and your backs for 15-20 minutes
- Deep Breath Exercise for 10 minutes

Day 7: Rest

## **Week 2: Run at least 2.0 miles or more**

### Day 1: Run or Jog for 19-24 minutes

- Walk to warm up your legs for 4 - 8 minutes 
  - Shake your legs (loosen them)
  - Prepare and envision how the run will benefit for your physical well-being
- Run or Jog for 19-24 minutes
- Warm down for 2-5 minutes

### Day 2: Walk & Stretch

- Walk around your neighborhood for 20- 25 minutes
- Stretch your legs and your backs for 20-25 minutes
- Deep Breath Exercise for 10 minutes

### Day 3: Run for 21-26 minutes

- Walk to warm up your legs for 3 - 7 minutes 
  - Shake your legs (loosen them)
  - Prepare and envision how the run will benefit for your physical well-being
- Run or Jog for 21-26 minutes
- Warm down for 2-5 minutes

### Day 4: Walk & Stretch

- Walk around your neighborhood for 15- 20 minutes
- Stretch your legs and your backs for 15-20 minutes
- Deep Breath Exercise for 10 minutes

### Day 5: Run for 23-28 minutes

- Walk to warm up your legs for 4 - 8 minutes 
  - Shake your legs (loosen them)
  - Prepare and envision how the run will benefit for your physical well-being
- Run or Jog for 23-28 minutes
- Warm down for 2-5 minutes

### Day 6: Walk & Stretch

- Walk around your neighborhood for 15- 20 minutes
- Stretch your legs and your backs for 15-20 minutes
- Deep Breath Exercise for 10 minutes

### Day 7: Rest

## **Week 3: Run at least 2.5 miles or more**

### Day 1: Run or Jog for 23-28 minutes

- Walk to warm up your legs for 4 - 8 minutes 
  - Shake your legs (loosen them)
  - Prepare and envision how the run will benefit for your physical well-being
- Run or Jog for 23-28 minutes
- Warm down for 5-10 minutes

### Day 2: Walk & Stretch

- Walk around your neighborhood for 20- 25 minutes
- Stretch your legs and your backs for 20-25 minutes
- Deep Breath Exercise for 10 minutes

### Day 3: Run for 25-30 minutes

- Walk to warm up your legs for 3 - 7 minutes 
  - Shake your legs (loosen them)
  - Prepare and envision how the run will benefit for your physical well-being
- Run or Jog for 25-30 minutes
- Warm down for 5-10 minutes

### Day 4: Walk & Stretch

- Walk around your neighborhood for 15- 20 minutes
- Stretch your legs and your backs for 15-20 minutes
- Deep Breath Exercise for 10 minutes

### Day 5: Run for 27-32 minutes

- Walk to warm up your legs for 4 - 8 minutes 
  - Shake your legs (loosen them)
  - Prepare and envision how the run will benefit for your physical well-being
- Run or Jog for 27-32 minutes
- Warm down for 2-5 minutes

### Day 6: Walk & Stretch

- Walk around your neighborhood for 15- 20 minutes
- Stretch your legs and your backs for 15-20 minutes
- Deep Breath Exercise for 10 minutes

### Day 7: Rest

## **Week 4: Run at least 3.0 miles or more**

### Day 1: Run or Jog for 27-32 minutes

- Walk to warm up your legs for 4 - 8 minutes 
  - Shake your legs (loosen them)
  - Prepare and envision how the run will benefit for your physical well-being
- Run or Jog for 27-32 minutes
- Warm down for 5-10 minutes

### Day 2: Walk & Stretch

- Walk and stretch your legs around your neighborhood for 20- 25 minutes
- Deep Breath Exercise and stretch your body for 10 minutes

### Day 3: Run for 29-34 minutes

- Walk to warm up your legs for 3 - 7 minutes 
  - Shake your legs (loosen them)
  - Prepare and envision how the run will benefit for your physical well-being
- Run or Jog for 29-34 minutes
- Warm down for 5-10 minutes

### Day 4: Walk & Stretch

- Stretch your legs and your backs for 15-20 minutes
- Deep Breath Exercise for 10 minutes

### Day 5: Run for 31-36 minutes

- Walk to warm up your legs for 4 - 8 minutes 
  - Shake your legs (loosen them)
  - Prepare and envision how the run will benefit for your physical well-being
- Run or Jog for 31-36 minutes
- Warm down for 2-5 minutes

### Day 6: Stretch and Breathe

- Stretch your legs and your backs for 15-20 minutes
- Deep Breath Exercise for 10 minutes

### **Day 7: Run the 5K by yourself**

- Warm up for 10-12 minutes 
  - Stretch, walk or Jog
  - Drink some water
  - Map the route for the 5K
- Run the 5K safely
- Submit the snap shot to us via email: [Paul.shoesmith@us.af.mil](mailto:Paul.shoesmith@us.af.mil) or find us on Facebook 
  - Submit the Route, Time, and your contact information