

5K Your Way Prep Program



Get ready for the **Burnsville Fit Families 5K Event on Saturday, April 20** at 9:00 on the town square!!

Register for the 5K [here](#) or sign up to volunteer for the event [here](#)

The 5K Your Way program includes 2 weeks of tips and motivation starting the week of January 28th followed by 10 weeks of 3 workouts per week starting the week of February 11th.

Follow [PATH](#) on [Facebook](#) or [Instagram](#) to see posts every Sunday outlining the workouts for that week or use the schedule in this document! You do you! Work them into your life however is best for you. We would love to see your training pictures so post and tag PATH or use #5Kyourway



2 WEEKS OF TIPS

Let's get ready and set for success!

***Pre-Prep Week 1: January 28th – February 3rd**

Set yourself up for success! Review the following ideas and suggestions to help you feel ready to start the workouts the week of February 11th.

Find your “Why”: Why are you committing to 5K Your Way? Below are just a few ideas...

- MOVEMENT: I want to run around with my kids / grandkids more!
- MENTAL HEALTH: Stress relief, help manage anxiety, need a pick-me-up
- FIRST 5K! Enough said!
- SELF LOVE: I want to show my body some love and care
- FAMILY TIME: We plan to train as a family and participate in the 5K together
- MEDICAL: Doctor says it's a good idea
- ABSOLUTELY ANY REASON IS A GOOD REASON!

Tips for success

- BUDDY: Find a prep buddy who wants to 5K Your Way with you OR an accountability buddy (because training alone can feel peaceful and rejuvenating for some) with whom you can share how you're doing throughout the program.
- SCHEDULE: Look at your weekly schedule and decide which 3 days and times you can dedicate 30 minutes to prepping...then keep it flexible too!
- CLOTHING: Dig out some comfortable clothes to move in and have options for cold and warm weather. Nothing special or fancy...just comfortable layers!
Find those tennis shoes! Again, nothing specific necessary...just comfortable and supportive shoes.

***Pre-Prep Week 2: February 4th – February 10th**

Tips for success

- TIMER: Find an easy to use timer (watch or phone works great)
- MINDSET: Actually 5K Your Way...make it yours! Walk, Jog, Skip, Frolic...we don't care. Use the suggested workouts each week to guide you but don't let it feel limiting!

Staying motivated

- Write down your “why” (see pre-prep week 1 above) in a place you will see it often
- Manage the soreness with regular stretching
- Make sleep a priority (your body and mind will protest if you aren't well rested)

10 Week 5K Your Way Prep Program

“increased speed” = fast walk, jog, run.... you choose which is best for YOU!

Week 1 Feb. 11 to Feb. 17	Workout 1 <u>Warm-up:</u> 3-minute easy walking <u>Workout:</u> 1-minute increased speed (walk fast, jog, run) 1 ½ minutes walking Repeat 8X or total of 20 min <u>Cooldown:</u> 3-minute walk slowing down each minute STRETCH!	Workout 2 <u>Warm-up:</u> 3-minute easy walking <u>Workout:</u> 1-minute increased speed (walk fast, jog, run) 1 ½ minutes walking Repeat 8X or total of 20 min <u>Cooldown:</u> 3-minute walk slowing down each minute STRETCH!	Workout 3 <u>Warm-up:</u> 3-minute easy walking <u>Workout:</u> 1-minute increased speed (walk fast, jog, run) 1 ½ minutes walking Repeat 8X or total of 20 min <u>Cooldown:</u> 3-minute walk slowing down each minute STRETCH!	Tip / Rest / Recover Stretching isn't a suggestion...it's a necessity!
Week 2 Feb. 18 to Feb. 24	Workout 1 <u>Warm-up:</u> 3-minute easy walking <u>Workout:</u> 1 ½ minute increased speed (walk fast, jog, run) 2 minutes walking Repeat 6X or total of 20 min <u>Cooldown:</u> 3-minute walk slowing down each minute STRETCH!	Workout 2 <u>Warm-up:</u> 3-minute easy walking <u>Workout:</u> 1 ½ minute increased speed (walk fast, jog, run) 2 minutes walking Repeat 6X or total of 20 min <u>Cooldown:</u> 3-minute walk slowing down each minute STRETCH!	Workout 3 <u>Warm-up:</u> 3-minute easy walking <u>Workout:</u> 1 ½ minute increased speed (walk fast, jog, run) 2 minutes walking Repeat 6X or total of 20 min <u>Cooldown:</u> 3-minute walk slowing down each minute STRETCH!	Tip / Rest / Recover Are you getting plenty of sleep? Check in with yourself today!
Week 3 Feb. 25 to March 2	Workout 1 <u>Warm-up:</u> 3-minute easy walking <u>Workout:</u> 1 ½ minutes increased speed 1 ½ minutes walking 3 minutes increased speed 3 minutes walking Repeat whole cycle 2X <u>Cooldown:</u> 3-minute walk slowing down each minute STRETCH!	Workout 2 <u>Warm-up:</u> 3-minute easy walking <u>Workout:</u> 1 ½ minutes increased speed 1 ½ minutes walking 3 minutes increased speed 3 minutes walking Repeat whole cycle 2X <u>Cooldown:</u> 3-minute walk slowing down each minute STRETCH!	Workout 3 <u>Warm-up:</u> 3-minute easy walking <u>Workout:</u> 1 ½ minutes increased speed 1 ½ minutes walking 3 minutes increased speed 3 minutes walking Repeat whole cycle 2X <u>Cooldown:</u> 3-minute walk slowing down each minute STRETCH!	Tip / Rest / Recover Feeling like giving up? Remember your “why” and be sure you see it every day!
Week 4 March 3 to March 9	Workout 1 <u>Warm-up:</u> 3-minute easy walking <u>Workout:</u> 3 minutes increased speed 1 ½ minutes walking 5 minutes increased speed 2 ½ minutes walking 3 minutes increased speed 1 ½ minutes walking <u>Cooldown:</u> 3-minute walk slowing down each minute STRETCH!	Workout 2 <u>Warm-up:</u> 3-minute easy walking <u>Workout:</u> 3 minutes increased speed 1 ½ minutes walking 5 minutes increased speed 2 ½ minutes walking 3 minutes increased speed 1 ½ minutes walking <u>Cooldown:</u> 3-minute walk slowing down each minute STRETCH!	Workout 3 <u>Warm-up:</u> 3-minute easy walking <u>Workout:</u> 3 minutes increased speed (1 ½ minutes walking 5 minutes increased speed 2 ½ minutes walking 3 minutes increased speed 1 ½ minutes walking <u>Cooldown:</u> 3-minute walk slowing down each minute STRETCH!	**Want to practice the 5K course? Wed. March 6 at 4:00 pm on the town square! <i>Meet us there and we can do workout #2 this week together!</i>

Week 5 <u>Attention!</u> Each Workout This Week is Different! March 10 to March 16	Workout 1 <u>Warm-up:</u> 3-minute easy walking <u>Workout:</u> 5 minutes increased speed 3 minutes walking Repeat 3X <u>Cooldown:</u> 3-minute walk slowing down each minute STRETCH!	Workout 2 <u>Warm-up:</u> 3-minute easy walking <u>Workout:</u> 8 minutes increased speed 5 minutes walking 8 minutes increased speed <u>Cooldown:</u> 3-minute walk slowing down each minute STRETCH!	Workout 3 <u>Warm-up:</u> 3-minute easy walking <u>Workout:</u> 2 miles OR 20 minutes at increased speed (fast walk, jog, run) with no easy walking <u>Cooldown:</u> 3-minute walk slowing down each minute STRETCH!	Tip / Rest / Recover Make sure you are 5K'ing Your Way! Do what works for you! *Be flexible...just keep moving!
Week 6 <u>Attention!</u> Each Workout This Week is Different! March 17 to March 23	Workout 1 <u>Warm-up:</u> 3-minute easy walking <u>Workout:</u> 5 minutes increased speed 3 minutes walking 8 minutes increased speed 3 minutes walking 5 minutes increased speed <u>Cooldown:</u> 3-minute walk slowing down each minute STRETCH!	Workout 2 <u>Warm-up:</u> 3-minute easy walking <u>Workout:</u> >1 mile OR 10 minutes at increased speed >Walk .25 mile OR 3 min >1 mile OR 10 minutes at increased speed <u>Cooldown:</u> 3-minute walk slowing down each minute STRETCH!	Workout 3 <u>Warm-up:</u> 3-minute easy walking <u>Workout:</u> 2.25 miles OR 22 min at increased speed with no easy walking <u>Cooldown:</u> 3-minute walk slowing down each minute STRETCH!	Tip / Rest / Recover Did you miss a workout? Remember, forgive and move on...don't give up!
Week 7 March 24 to March 30	Workout 1 <u>Warm-up:</u> 3-minute easy walking <u>Workout:</u> 2.5 miles OR 25 minutes at increased pace with no easy walking <u>Cooldown:</u> 3-minute walk slowing down each minute STRETCH!	Workout 2 <u>Warm-up:</u> 3-minute easy walking <u>Workout:</u> 2.5 miles OR 25 minutes at increased pace with no easy walking <u>Cooldown:</u> 3-minute walk slowing down each minute STRETCH!	Workout 3 <u>Warm-up:</u> 3-minute easy walking <u>Workout:</u> 2.5 miles OR 25 minutes at increased pace with no easy walking <u>Cooldown:</u> 3-minute walk slowing down each minute STRETCH!	Tip / Rest / Recover This week can feel hard... remember your "why"!!!
Week 8 March 31 to April 6	Workout 1 <u>Warm-up:</u> 3-minute easy walking <u>Workout:</u> 2.75 miles OR 30 minutes at increased pace with no easy walking <u>Cooldown:</u> 3-minute walk slowing down each minute STRETCH!	Workout 2 <u>Warm-up:</u> 3-minute easy walking <u>Workout:</u> 2.75 miles OR 30 minutes at increased pace with no easy walking <u>Cooldown:</u> 3-minute walk slowing down each minute STRETCH!	Workout 3 <u>Warm-up:</u> 3-minute easy walking <u>Workout:</u> 2.75 miles OR 30 minutes at increased pace with no easy walking <u>Cooldown:</u> 3-minute walk slowing down each minute STRETCH!	**Want to practice the 5K course? Sat. April 6th at 10:00 am on the town square! <i>Meet us there and we can do workout #3 this week together!</i>
Week 9 April 7 to April 13	Workout 1 <u>Warm-up:</u> 3-minute easy walking <u>Workout:</u> 3 miles OR 35 minutes at increased pace with no easy walking <u>Cooldown:</u> 3-minute walk slowing down each minute STRETCH!	Workout 2 <u>Warm-up:</u> 3-minute easy walking <u>Workout:</u> 3 miles OR 35 minutes at increased pace with no easy walking <u>Cooldown:</u> 3-minute walk slowing down each minute STRETCH!	Workout 3 <u>Warm-up:</u> 3-minute easy walking <u>Workout:</u> 3 miles OR 35 minutes at increased pace with no easy walking <u>Cooldown:</u> 3-minute walk slowing down each minute STRETCH!	Tip / Rest / Recover <u>Recovery Tip:</u> Try stretching every day. Not just on workout days!

Week 10 April 14 to April 20	Workout 1 <u>Warm-up:</u> 3-minute easy walking <u>Workout:</u> 3 miles OR 35 minutes at increased pace with no easy walking <u>Cooldown:</u> 3-minute walk slowing down each minute STRETCH!	Workout 2 <u>Warm-up:</u> 3-minute easy walking <u>Workout:</u> 2 miles OR 20 minutes at increased pace with no easy walking <u>Cooldown:</u> 3-minute walk slowing down each minute STRETCH!	Workout 3 RACE DAY!! Saturday, April 20 3.1 miles of fun.... YOUR WAY!!	YOU DID AWESOME! Rest, recover, stretch and <u>never stop moving that body!</u>
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