

5K Your Way Prep Program



Get ready for the **Burnsville Fit Families 5K Event on Saturday, April 12th** at 9:00 am on the Burnsville town square!!
Registration opening soon! To volunteer visit [bit.ly/BFF5kVolunteer2025!](http://bit.ly/BFF5kVolunteer2025)

The 5K Your Way program includes *1 week* of tips and motivation starting the week of January 26th followed by *10 weeks* of 3 workouts per week starting the week of February 2nd.

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



Let's get ready
for success!



***Pre-Prep Week: January 26th – February 1st**

Set yourself up for success! Review the following ideas and suggestions to help you feel ready to start the workouts the week of February 2nd.

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

- FIRST 5K! Why NOT?!
- MOVEMENT: I want to run around with my kids / grandkids more
- MENTAL HEALTH: Stress relief, help manage anxiety, need a pick-me-up
- 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.

Staying motivated

- Write down your “why” 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!
Use the suggested workouts each week to guide you but don't let it feel limiting!

| | | | | |
|--|--|--|--|---|
| <p>Week 1</p> <p>Feb. 2 to Feb. 8</p> | <p>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!</p> | <p>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!</p> | <p>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!</p> | <p>Tip / Rest / Recover</p> <p>Stretching isn't a suggestion...it's a necessity!</p> |
| <p>Week 2</p> <p>Feb. 9 to Feb. 15</p> | <p>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!</p> | <p>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!</p> | <p>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!</p> | <p>Tip / Rest / Recover</p> <p>Are you getting plenty of sleep? Check in with yourself today!</p> |
| <p>Week 3</p> <p>Feb. 16 to Feb. 22</p> | <p>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!</p> | <p>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!</p> | <p>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!</p> | <p>Tip / Rest / Recover</p> <p>Feeling like giving up? Remember your “why” and be sure you see it every day!</p> |
| <p>Week 4</p> <p>Feb. 23 to March 1</p> | <p>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!</p> | <p>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!</p> | <p>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!</p> | <p>**Want to practice the 5K course?</p> <p>Keep an eye on PATH's social media, we will be posting a sneak peek of the course!</p> |

| | | | | |
|---|--|---|--|--|
| <p>Week 5 <u>Attention!</u> Each Workout This Week is Different! March 2 to March 8</p> | <p>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!</p> | <p>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!</p> | <p>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!</p> | <p>Tip / Rest / Recover</p> <p>Make sure you are 5K'ing Your Way! Do what works for you! *Be flexible...just keep moving!</p> |
| <p>Week 6 <u>Attention!</u> Each Workout This Week is Different! March 9 to March 15</p> | <p>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!</p> | <p>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!</p> | <p>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!</p> | <p>Tip / Rest / Recover</p> <p>Did you miss a workout? Remember, forgive and move on...don't give up!</p> |
| <p>Week 7 March 16 to March 22</p> | <p>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!</p> | <p>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!</p> | <p>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!</p> | <p>Tip / Rest / Recover</p> <p>This week can feel hard... remember your "why"!!!</p> |
| <p>Week 8 March 23 to March 29</p> | <p>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!</p> | <p>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!</p> | <p>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!</p> | <p>Tip / Rest / Recover</p> <p>Don't give up, the 5k is only 3 weeks away!</p> |
| <p>Week 9 March 30 to April 5</p> | <p>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!</p> | <p>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!</p> | <p>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!</p> | <p>Tip / Rest / Recover</p> <p><u>Recovery Tip:</u> Try stretching every day. Not just on workout days!</p> |
| <p>Week 10 April 6 to April 12</p> | <p>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!</p> | <p>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!</p> | <p>Workout 3</p> <p>RACE DAY!!</p> <p>Saturday, April 12 3.1 miles of fun.... YOUR WAY!!</p> | <p>YOU DID AWESOME!</p> <p>Rest, recover, stretch and <u>never stop moving that body!</u></p> |