GOT2RUN...
for EDUCATION

The training program below is being provided as a suggestion only without endorsement other than to say that it has been adapted from similar training programs created by Nike and other organizations to enable someone who has never run (jogged) before to be able to complete their first event. This does not mean that you will be definitely be able to complete the event without walking some of it, but hopefully you will be well on your way toward that goal. Plan on "graduating" from each week's training steps before you move on to the steps in the following week. If you miss a day, it is better to save that day's workout and do them in order rather than skipping it and moving to the next one. The steps below do not take into account where you are starting from and anyone starting from scratch will need to let their body be their guide. Don't push too hard as you won't make your goal of being able to complete the event if you get injured training for it!!

WEEK ONE
Mon: Rest
Tue: Jog 1 min, walk 1 min. Do 10 times, total 20 min.
Wed: Rest
Thu: Jog 2 min, walk 4 min. Do 5 times, total 30 min.
Fri: Rest
Sat: Rest
Sun: Jog 2 min, walk 4 min. Do 5 times, total 30 min.

WEEK TWO
Mon: Rest
Tue: Jog 3 min, walk 3 min. Do 4 times, total 24 min.
Wed: Rest
Thu: Jog 3 min, walk 3 min. Do 4 times, total 24 min.
Fri: Rest
Sat: Rest
Sun: Jog 5 min, walk 3 min. Do 3 times, total 24 min.

WEEK THREE
Mon: Rest
Tue: Jog 7 min, walk 2 min. Do 3 times, total 27 min.
Wed: Rest
Thu: Jog 8 min, walk 2 min. Do 3 times, total 30 min.
Fri: Rest
Sat: Rest
Sun: Jog 8 min, walk 2 min. Do 3 times, total 30 min.

WEEK FOUR
Mon: Rest
Tue: Rest
Wed: Jog 10 min, walk 2 min. Do 2 times, then jog for 5 min, total 29 min.
Thu: Rest
Fri: Rest
Sat: **Got2Run 2.62!!!!**

Since this will be your first race, you will probably not be set in your pace - the one that you have been training at for 4 weeks. It is extremely easy to get caught up in the excitement of the event and go out faster than your pace. Start slowly, and increase your pace depending on how you feel. Don't wait until you are exhausted before taking some one-minute walk breaks. Depending on the pace you set, on race day you may well find that you can run (jog) around 15-20 minutes before you need a break. You may not be able to complete the entire 2.62 miles without walking, but you will be well on your way toward training to complete a full 5K race. If you want to try a 5K after Got2Run For Education, download our 6 Week Couch-To-2.62 Training Program and complete the remaining 2 weeks. Whatever you do, enjoy the day and celebrate your incredible accomplishment!!