

GARNIER

GREEN

ROAD5K

FKNEASY RUNNING CLUB

5K BEGINNER TRAINING PROGRAM 3 DAY A WEEK

WU = Warm up o calentamiento

W = Caminar

R = Correr o trotar

FASE 1 = Crear la Base Aeróbica, crear el hábito, consistencia y disciplina

FASE 2 = Mantener esa resistencia y aumentar el ritmo en las corridas

FASE 3 = Recta final, mantener la rutina, bajamos volumen, pero no la intensidad

FASE 1

WEEK 1 TOTAL 32 MIN #1 WU: 10 MIN (R: 2 MIN, W: 1 MIN) X 4 W: 10 MINUTES	WEEK 1 TOTAL 32 MIN #2 WU: 10 MIN (R: 2 MIN, W: 1 MIN) X 4 W: 10 MINUTES	WEEK 1 TOTAL 36 MIN #3 WU: 10 MIN (R: 3 MIN, W: 1 MIN) X 4 W: 10 MINUTES
WEEK 2 TOTAL 36 MIN #1 WU: 10 MIN (R: 3 MIN, W: 1 MIN) X 4 W: 10 MINUTES	WEEK 2 TOTAL 36 MIN #2 WU: 10 MIN (R: 2 MIN, W: 1 MIN) X 4 W: 10 MINUTES	WEEK 2 TOTAL 40 MIN #3 WU: 10 MIN (R: 3 MIN, W: 1 MIN) X 5 W: 10 MINUTES
WEEK 3 TOTAL 44 MIN #1 WU: 10 MIN (R: 4 MIN, W: 2 MIN) X 4 W: 10 MINUTES	WEEK 3 TOTAL 44 MIN #2 WU: 10 MIN (R: 4 MIN, W: 2 MIN) X 4 W: 10 MINUTES	WEEK 3 TOTAL 45 MIN #3 WU: 10 MIN (R: 4 MIN, W: 2 MIN) X 5 W: 10 MINUTES
WEEK 4 TOTAL 50 MIN #1 WU: 10 MIN (R: 4 MIN, W: 1 MIN) X 6 W: 10 MINUTES	WEEK 4 TOTAL 50 MIN #2 WU: 10 MIN (R: 4 MIN, W: 1 MIN) X 6 W: 10 MINUTES	WEEK 4 TOTAL 50 MIN #3 WU: 10 MIN (R: 5 MIN, W: 1 MIN) X 5 W: 10 MINUTES

FASE 2

WEEK 5

TOTAL 56 MIN

#1

WU: 10 MIN

(R: 5 MIN, W: 1 MIN) X 6

W: 10 MINUTES

WEEK 5

TOTAL 56 MIN

#2

WU: 10 MIN

(R: 5 MIN, W: 1 MIN) X 6

W: 10 MINUTES

WEEK 5

TOTAL 56 MIN

#3

WU: 10 MIN

(R: 6 MIN, W: 1 MIN) X 5

W: 10 MINUTES

WEEK 6

TOTAL 50 MIN

#1

WU: 10 MIN

R: 1 MILE

W: 5 MIN

(R: 6 MIN, W: 1 MIN) X 3

W: 10 MINUTES

WEEK 6

TOTAL 50 MIN

#2

WU: 10 MIN

R: 1 MILE

W: 5 MIN

(R: 6 MIN, W: 1 MIN) X 3

W: 10 MINUTES

WEEK 6

TOTAL 45 MIN

#3

WU: 10 MIN

R: 1 MILE

W: 5 MIN

R: 1 MILE

W: 10 MINUTES

WEEK 7

TOTAL 35 MIN

#1

WU: 10 MIN

R: 1 MILE

W: 10 MIN

WEEK 7

TOTAL 40 MIN

#2

WU: 10 MIN

R: 1.5 MILE

W: 5 MIN

R: .5 MILE OR 1 K

W: 5 MINUTES

WEEK 7

TOTAL 35 MIN

#3

WU: 10 MIN

R: 2 MILE

W: 5 MIN

WEEK 8

TOTAL 35 MIN

#1

WU: 10 MIN

R: 2 MILES

W: 5 MINUTES

WEEK 8

TOTAL 35 MIN

#2

WU: 10 MIN

R: 2 MILES

W: 5 MINUTES

WEEK 8

TOTAL 40 MIN

#3

WU: 10 MIN

R: 2.5 MILES

W: 5 MINUTES

FASE 3

WEEK 9

TOTAL 40 MIN

#1

WU: 10 MIN

R: 2 MILES

W: 10 MINUTES

WEEK 9

TOTAL 40 MIN

#2

WU: 10 MIN

R: 2 MILES

W: 10 MINUTES

WEEK 9

TOTAL 45 MIN

#3

WU: 10 MIN

R: 3 MILES

W: 5 MINUTES

WEEK 10

TOTAL 40 MIN

#1

WU: 10 MIN

R: 2 MILES

W: 10 MINUTES

WEEK 10

TOTAL 40 MIN

#2

WU: 10 MIN

R: 2 MILES

W: 10 MINUTES

WEEK 10

TOTAL 40 MIN

#3

WU: 5- 10 MIN

5K RACE

