

TRAINING FOR A 5K

Have you ever thought about participating in the P.E. Association's *Fitness Fun Run*, but couldn't imagine yourself running three miles? Well, dust off those sneakers and get ready to go! The following training plan is sure to give you the guidance you need to be successful at this year's *Fun Run* in February.

	DAY 1	DAY 2	DAY 3
WEEK 1	Warm -up = 5 minutes Jog = 60 seconds Walk = 90 seconds Alternate Jog/Walk for 20 min.	Warm -up = 5 minutes Jog = 60 seconds Walk = 90 seconds Alternate Jog/Walk for 20 min.	Warm -up = 5 minutes Jog = 60 seconds Walk = 90 seconds Alternate Jog/Walk for 20 min.
WEEK 2	Warm -up = 5 minutes Jog 90 sec./Walk 90 sec. Jog 3 min./Walk 3 min. REPEAT WORKOUT X 2	Warm -up = 5 minutes Jog 90 sec./Walk 90 sec. Jog 3 min./Walk 3 min. REPEAT WORKOUT X 2	Warm -up = 5 minutes Jog 90 sec./Walk 90 sec. Jog 3 min./Walk 3 min. REPEAT WORKOUT X 2
WEEK 3	Warm -up = 5 minutes Jog 5 min./Walk 3 min. Jog 5 min./Walk 3 min. Jog 5 minutes	Warm -up = 5 minutes Jog 10 minutes Walk 3 minutes Jog 10 minutes	Warm -up = 5 minutes Jog 5 min./Walk 3 min. Jog 5 min./Walk 3 min. Jog 5 minutes
WEEK 4	Warm -up = 5 minutes Jog 10 minutes Walk 3 minutes Jog 10 minutes	Warm -up = 5 minutes Jog 25 minutes without walking	Warm -up = 5 minutes Jog 10 minutes Walk 3 minutes Jog 10 minutes
WEEK 5	Warm -up = 5 minutes Jog 25 minutes without walking	Warm -up = 5 minutes Jog 30 minutes without walking	Warm -up = 5 minutes Jog 30 minutes without walking