



2024 5K Walk to Run Training

Definitions to know:

RPE (Rate of Perceived Exertion): Your speed work is set to a level *8* defined as “Feels uncomfortable, can barely speak a sentence” This puts your body into an Anaerobic capacity. In our training this RPE of 8 should only apply when doing speed work.

Example : 7 Mile Speed | 2 Mile Warm Up; 3 x 800 RPE 8 w/ 800 Recovery; 2 Miles Cool Down

You should be at an RPE of 8 during the 3 bouts of 800M with a recovery (walk or jog) for 800M between each set. If you have questions, please ask your team leader or reach out to Forrest or one of the Specialists.

Cross train: Cross training can be anything that gets your body moving for 30min-1hr (Yoga, Pilates, HIIT, or strength training)

Active recovery: (Less physically demanding cross training) - this could look like playing with your family or pets, taking a walk etc.

Rest: This is what it is, reduce movement, practice self care, let your body rest as much as possible that day, focus on feeding your body and letting it recover.



2024 5K Walk to Run Training

FEBRUARY

2024

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3 1.0 Mile Easy
4 Active Recovery; Walk or Play for 15 Minutes	5 1.5 Mile Easy	6 Active Recovery	7 1.5 Mile Easy	8 Active Recovery	9 Off/Rest	10 1.5 Mile Easy
11 Active Recovery; Walk or Play for 15 Minutes	12 1.5 Mile Easy	13 Active Recovery	14 1.5 Mile Easy	15 Active Recovery	16 Off/Rest	17 2 Mile Easy
18 Active Recovery; Walk or Play for 30 Minutes	19 1.5 Mile Easy	20 Active Recovery	21 1.5 Mile Easy	22 Active Recovery	23 Off/Rest	24 2.5 Miles
25 Active Recovery; Walk or Play for 130 Minutes	26 1.5 Miles	27 Active Recovery	28 1.5 Miles	29 Active Recovery		



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MARCH 2024

SUN	MON	TUE	WED	THU	FRI	SAT
					1 Off/Rest	2 3 Miles
3 Active Recovery; Walk or Play for 30 Minutes	4 1.5 Miles Easy	5 Active Recovery	6 1.5 Miles Easy	7 Active Recovery	8 Off/Rest	9 3 Miles Easy
10 Active Recovery; Walk or Play for 30 Minutes	11 2 Miles Easy	12 Active Recovery	13 2 Miles Easy	14 Active Recovery	15 Off/Rest	16 3.5 Miles Easy
17 Active Recovery; Walk or Play for 30 Minutes	18 2 Miles easy	19 Active Recovery	20 2 Miles easy	21 Active Recovery	22 Off/Rest	23 4 Miles Easy
24 Active Recovery; Walk or Play for 30 Minutes	25 2 Miles Easy	26 Active Recovery	27 2 Miles Easy	28 Active Recovery	29 Off/Rest	30 43.0 Miles Hard
31 Active Recovery; Walk or Play for 30 Minutes						



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APRIL 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	1 3 Miles Easy	2 Active Recovery	3 3 Miles Easy	4 Active Recovery	5 Off/Rest	6 4 Miles
7 Active Recovery; Walk or Play for 30 Minutes	8 3 Miles	9 Run 4 Min. Walk 1 Min. Repeat 5 Times	10 Active Recovery	11 3 Miles	12 Off/Rest	13 3 Miles
14 Active Recovery; Walk or Play for 30 Minutes	15 3 Miles	16 Active Recovery	17 3 Miles Easy	18 Active Recovery	19 Off/Rest	20 3 Miles
21 Active Recovery; Walk or Play for 30 Minutes	22 2 Miles	23 Active Recovery	24 2 Miles	25 Active Recovery	26 Off/Rest	27 2 Miles
28 Active Recovery; Walk or Play for 30 Minutes	29 Strength Train	30 2 Miles Easy				



2024 5K Walk to Run Training

MAY 2024

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Active Recovery	2 Walk 2 Miles (Take time to prepare your head for race day)	3 Off/Rest	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	