



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 Run 2 Min. Walk 1 Min. Repeat 7 Times Miles Easy
4 Active Recovery; Walk or Play for 15 Minutes	5 Run 2 Min. Walk 1 Min. Repeat 5 Times; Strength Train	6 Active Recovery	7 Run 2 Min. Walk 1 Min. Repeat 5 Times; Strength Train	8 Active Recovery	9 Off/Rest	10 Run 3 Min. Walk 2 Min. Repeat 7 Times
11 Active Recovery; Walk or Play for 15 Minutes	12 Run 2 Min. Walk 4 Min. Repeat 8 Times; Strength Train	13 Active Recovery	14 Run 4 Min. Walk 1 Min. Repeat 5 Times; Strength Train	15 Active Recovery	16 Off/Rest	17 Run 6 Min. Walk 2 Min. Repeat 5 Times
18 Active Recovery; Walk or Play for 30 Minutes	19 Run 2 Min. Walk 4 Min. Repeat 8 Times; Strength Train	20 Active Recovery	21 Run 2 Min. Walk 4 Min. Repeat 5 Times; Strength Train	22 Active Recovery	23 Off/Rest	24 Run 3 Min. Walk 2 Min. Repeat 9 Times
25 Active Recovery; Walk or Play for 130 Minutes	26 ●Run 3 Min. Walk 3 Min. Repeat 7 Times; Strength Train	27 Active Recovery	28 Run 3 Min. Walk 3 Min. Repeat 6 Times; Strength Train	29 Active Recovery		



2024 5K Walk to Run Training

MARCH 2024

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



2024 5K Walk to Run Training

APRIL 2024

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



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MAY 2024

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Active Recovery	2 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	