

TRAINING PLAN: RUNNING CRAZY TO RUNNING A 5K

By Coach Keena Schaerrer

This seven week training schedule will have you ready and running!

Week	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	Rest	1 mile jog/walk intervals. 2 min jog, 1 min walk	Rest or cross-train: 20 min swim, bike, or elliptical	1 mile jog/walk intervals. 2 min jog, 1 min walk	Rest or yoga	1 mile jog/walk intervals. 2 min jog, 1 min walk	30 min jog/walk intervals. 3 min jog, 2 min walk
2	Rest	1.25 mile jog/walk intervals. 3 min jog, 1 min walk	Rest or cross-train: 20 min swim, bike, or elliptical	1.25 mile jog/walk intervals. 3 min jog, 1 min walk	Rest or yoga	1.25 mile jog/walk intervals. 3 min jog, 1 min walk	40 min jog/walk intervals. 3 min jog, 2 min walk
3	Rest	1.75 mile jog/walk intervals. 4 min jog, 1 min walk	Rest or cross-train: 25 min swim, bike, or elliptical	1.75 mile jog/walk intervals. 4 min jog, 1 min walk	Rest or yoga	1.75 mile jog/walk intervals. 4 min jog, 1 min walk	50 min jog/walk intervals. 4 min jog, 2 min walk
4	Rest	2.5 mile jog/walk intervals. 4 min jog, 1 min walk	Rest or cross-train: 25 min swim, bike, or elliptical	2.5 mile jog/walk intervals. 4 min jog, 1 min walk	Rest or yoga	2.5 mile jog/walk intervals. 4 min jog, 1 min walk	30 min jog/walk intervals. 5 min jog, 2 min walk
5	Rest	3 mile jog/walk intervals. 5 min jog, 1 min walk	Rest or cross-train: 30 min swim, bike, or elliptical	3 mile jog/walk intervals. 5 min jog, 1 min walk	Rest or yoga	3 mile jog/walk intervals. 5 min jog, 1 min walk	45 min jog/walk intervals. 5 min jog, 2 min walk
6	Rest	3.5 mile jog/walk intervals. 6 min jog, 1 min walk	Rest or cross-train: 30 min swim, bike, or elliptical	3.5 mile jog/walk intervals. 6 min jog, 1 min walk	Rest or yoga	3.5 mile jog/walk intervals. 6 min jog, 1 min walk	50 min jog/walk intervals. 6 min jog, 2 min walk
7	Rest	4 mile jog/walk intervals. 7 min jog, 1 min walk	Rest or cross-train: 20 min swim, bike, or elliptical	2 mile jog/run	Rest	1 mile jog/run	Enjoy your 5K!!

Keena Schaerrer has over 13 years experience as a trainer and coach. She has guided over 500 athletes to success in all distances. Keena has a B.S. in Health & Recreation Mgmt from BYU. She is a USA Triathlon Certified Coach and holds additional certifications from the National Association of Sports Medicine (NASM) and the American Council on Exercise (ACE) as a Certified Personal Trainer. She has been on several radio shows, in local magazines and has lectured on topics regarding triathlon training, fitness and health. As an experienced triathlete, trainer, coach, wife and mother of four children, Keena understands the effort, challenges and sacrifices involved in making and reaching goals. Visit www.coachkeena.com to learn more about Keena and her training programs.