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10 Weeks To Your First 5K

By Mario Fraioli

WEEK	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	TRACK: 1 lap warm-up walk, 6 laps of running the straightaways, walk the turns, 1 lap cooldown walk	Rest or X-Training 30:00	5:00 warm-up walk, then 10 x [1:00 run/1:00 walk], 5:00 cooldown walk	X-Training 30:00	5:00 warm-up walk, then 10 x [1:30 run/1:00 walk], 5:00 cooldown walk	REST	X-Training 30:00
2	TRACK: 1 lap warm-up walk, 4 laps of running the straightaways, walk the turns, 4 laps of run half lap, walk half lap, 1 lap cooldown walk	Rest or X-Training 30:00	5:00 warm-up walk, then 10 x [1:30 run/1:00 walk], 5:00 cooldown walk	X-Training 30:00	5:00 warm-up walk, then 8 x [2:00 run/1:00 walk], 5:00 cooldown walk	REST	X-Training 30:00
3	TRACK: 1 lap warm-up walk, 6 laps of running half lap/walk half lap, then 2 x run 1 lap/walk half lap, 1 lap cooldown walk	Rest or X-Training	5:00 warm-up walk, then 8 x [2:00 run/1:00 walk], 5:00 cooldown walk	X-Training 35:00	5:00 warm-up walk, then 8 x [2:30 run/1:00 walk], 5:00 cooldown walk	REST	X-Training 35:00
4	TRACK: 1 lap warm-up walk, 6 laps of running half lap/walk half lap, then 4 x run 1 lap/walk half lap, 1 lap cooldown walk	Rest or X-Training	5:00 warm-up walk, then 7 x [3:00 run/1:00 walk], 5:00 cooldown walk	X-Training 35:00	5:00 warm-up walk, then 8 x [3:00 run/1:00 walk], 5:00 cooldown walk	REST	X-Training 35:00
5	TRACK: 1 lap warm-up walk, 4 laps of running 1 lap/walk half lap, then 2 x run 2 laps/walk half lap, 1 lap cooldown walk	Rest or X-Training	5:00 warm-up walk, then 6 x [4:00 run/1:00 walk], 5:00 cooldown walk	X-Training 40:00	5:00 warm-up walk, then 6 x [4:00 run/1:00 walk], 5:00 cooldown walk	REST	X-Training 40:00