

To sign up for the 5K or 10K?...That is the question

If you possess a good level of fitness (because of participation in other sports or fitness programs) you probably could run 6 miles on minimal training. The same is true if you have run a 5K or 8K race in the past. You might be sore the week after a 10K race, but you still could finish.

Sample training program for a novice 5K and 10K runner:

Novice 5K

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	1.5 miles	Rest or walk	1.5 miles	Rest	1.5 miles	30-60 min. walk
2	Rest	1.75 miles	Rest or walk	1.5 miles	Rest	1.75 miles	35-60 min. walk
3	Rest	2 miles	Rest or walk	1.5 miles	Rest	2 miles	40-60 min. walk
4	Rest	2.25 miles	Rest or walk	1.5 miles	Rest	2.25 miles	45-60 min. walk
5	Rest	2.5miles	Rest or walk	2 miles	Rest	2.5miles	50-60 min. walk
6	Rest	2.75 miles	Rest or walk	2 miles	Rest	2.75 miles	55-60 min. walk
7	Rest	3 miles	Rest or walk	2 miles	Rest	3 miles	60 min. walk
8	Rest	3 miles	Rest or walk	2 miles	Rest	Rest	5K Race

Novice 10K

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	3 miles	3 miles	3 miles	Rest	Cross Train	40 min.
2	Rest	3 miles	3 miles	3.5 miles	Rest	Cross Train	45 min.
3	Rest	3.5 miles	3 miles	4 miles	Rest	Cross Train	50 min.
4	Rest	3.5 miles	3 miles	4.5 miles	Rest	Cross Train	55 min.
5	Rest	4 miles	3 miles	5 miles	Rest	Cross Train	60 min.
6	Rest	4 miles	Rest	3 miles	Rest	Cross Train	Race

** The following programs were adopted from Hal Hogdon's 5K/10K training

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The information presented is offered only as something to consider in your quest for health and well-being. Always consult your healthcare provider before making any lifestyle changes.