Rock 'n' Roll MARATHON SERIES®

5K TRAINING PLAN

Run & Walk Workouts: On the run portion go fast enough so you can't easily talk, but not so fast that you're completely out of breath. On the walk portion relax and focus on recovering for the next run. Remember to keep moving on the walk, even if it's at a slow pace.

Progression Runs: On these runs you'll want to finish faster than you started. Stay relaxed during the first half, it should be an easy jog. During the second half of the run slowly pick up the pace, your heart rate and breathing should steadily increase.

Jogs: These are designed to be at a comfortable pace. Stay relaxed, you should be able to have a conversation the entire time.

Long Runs: Make these runs fun - if you can run somewhere new each week, do so!. These should be at the exact same pace as your jogs. The long runs are going to help build your endurance, so you can maintain your natural speed during the race.

Cross-Train: Anything but running. Cross-training can mean getting a workout at the gym, swimming, going for a bike ride, etc. Try to avoid leg workouts. Any strenuous activity with your legs will likely result in a much tougher run the following day.

Race Prep Run: This is an opportunity to practice your race day routine. On the run start out easy for the first half and progressively get faster. You should finish close to 100% of maximum effort (yes, almost a sprint). Envision yourself crossing the finish line!

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Approx. Total Weekly Time
Week 1	Run 1 Minute Walk 2 Minutes (Repeat 10x)	Walk 20 Minutes (Easy)	Run 1 Minute Walk 2 Minutes (Repeat 10x)	Walk 20 Minutes (Easy)	Run 1 Minute Walk 2 Minutes (Repeat 10x)	Run 1 Minute Walk 2 Minutes (Repeat 10x)	Rest & Stretch	**2:30 -2:45**
Week 2	Progression Run 2 Miles (Start easy, finish fast)	Walk 25 Minutes (Moderate / Fast)	Run 2 Minutes Walk 2 Minutes (Repeat 7x)	Walk 25 Minutes (Easy)	Jog 2.5 Miles (Easy)	Run 2 Minutes Walk 2 Minute (Repeat 7x)	Rest & Stretch	**2:30 -2:45**
Week 3	Progression Run 2.5 Miles (Start easy, finish fast)	Walk 25 Minutes (Moderate / Fast	Run 3 Minutes Walk 2 Minutes (Repeat 6x)	Walk 25 Minutes (Easy)	Jog 3 Miles (Easy)	Run 3 Minutes Walk 2 Minutes (Repeat 6x)	Rest & Stretch	**2:45 - 3:00**
Week 4	Progression Run 2.5 Miles (Start easy, finish fast)	Walk 30 Minutes (Moderate / Fast)	Run 4 Minutes Walk 2 Minutes (Repeat 5x)	Walk 30 Minutes (Easy)	Jog 3 Miles (Easy)	Run 4 Minutes Walk 2 Minutes (Repeat 5x)	Rest & Stretch	**2:45 - 3:15**
Week 5	Progression Run 3.0 Miles (Start easy, finish fast)	Walk 30 Minutes (Easy)	Run 5 Minutes Walk 1 Minute (Repeat 5x)	Walk 30 Minutes (Easy)	Jog 3.5 Miles (Easy)	Run 5 Minutes Walk 1 Minute (Repeat 5x)	Rest & Stretch	**3:00 - 3:30**
Week 6	Progression Run 3.0 Miles (Start easy, finish fast)	Walk 35 Minutes (Easy)	Run 7 Minutes Walk 1 Minute (Repeat 4x)	Walk 35 Minutes (Easy)	Jog 3.5 Miles (Easy)	Run 7 Minutes Walk 1 Minute (Repeat 4x)	Rest & Stretch	**3:30 - 4:00**
Week 7	Progression Run 3.5 Miles (Start easy, finish fast)	Walk 35 Minutes (Easy)	Run 9 Minutes Walk 1 Minute (Repeat 3x)	Walk 35 Minutes (Easy)	Jog 4 Miles (Easy)	Race Prep Run 5K (3.1 Miles) (Start easy, finish fast)	Rest & Stretch	**3:30 - 4:15**
Week 8	Jog 4 Miles (Easy)	Walk 35 Minutes (Easy)	Progression Run 2 Miles (Start easy, finish fast)	Walk 35 Minutes (Easy)	Jog & Stretch 2 Miles (Easy)	**5K Race - Good Luck!**	Rest & Stretch	**3:00 - 3:30**

** **Training Plan Disclaimers:** Individual results may vary depending upon the individual and there are no guarantees you will finish the race or feel great after finishing the race. The information contained within this plan (hereinafter, the **"Training Plan"**) is intended to be general in nature and may not be appropriate for everyone. Please consult with your physician before commencing any physical activity, diet, or exercise referenced or described in the Training Plan. If you choose to follow the Training Plan without consulting your physician or other applicable healthcare provider, you are doing so at your own risk. You acknowledge that when relying on any information in the Training Plan, there is the possibility of physical injury, disability, and even death, as well as damage or destruction of property. By using the Training Plan, you agree that neither Competitor Group, Inc. (**"CGI"**) and its affiliates, nor any of their respective representatives (collectively the, **"CGI Parties"**) is responsible for the information in this Training Plan and each CGI Party expressly disclaims any and all liability and responsibility to any person, whether a user of the Training Plan or not, in respect of any and all claims, losses, damages, liabilities, expenses, either direct or consequential (collectively, **"Losses"**) arising out of or in relation to the use or reliance, whether wholly or partially, upon any information contained or referenced in the Training Plan. By using the Training Plan, you agree that you do so at your own risk, are voluntarily participating in the activities, assume all risk of injury to yourself, and agree to release and discharge the CGI Parties from any and all claims or causes of action, known or unknown, arising out of any participation in or use of the Training Plan. You further agree to indemnify, defend, and hold harmless each of the CGI Parties from and against any and all Losses arising out of or related to your use of the Training Plan.*