

Trecho 8 Week Beginner 5k Plan	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January 1-3					New Years Day!	Walk 10-15 minutes	Resolution Run 5-10k
January 4-10	Rest	Walk 10-15 minutes	Walk/Jog 10-15minutes	1 minute of calf raises 1 minute of squats 1 minute wall sit	Walk/Jog ONLY 1 mile	Rest	Walk/Jog 10-15 min
January 11-17 (Quitters Week)	Rest	1 minute of calf raises 1 minute of squats 1 minute wall sit	Walk/Jog 10-15 min	Rest	Walk/Jog ONLY 1.5miles	Rest	Walk/Jog 15-20 min
Read: 1 Timothy 4:15-16							
January 18-24	Rest	1 min jumping jacks x5 1 minute squats x5	Walk/Jog 15-20 min	Rest	Jog ONLY 1.5 miles	Rest	Jog 15-20 min
January 24-31	Rest	90 second jumping jacks x3 90 second calf raises x3 90 second squats x3	Walk/Jog 20-25 min	Rest	Jog ONLY 2 miles	Rest	Jog 20-25 min
February 1-7	Rest	90 sec jumping jacks x3 90 second lunges x3 90 sec high knee skips x3	Walk/Jog 25-30min	Rest	Jog ONLY 2.5 miles	Rest	Jog 25-30 min
February 8-14	Rest	2 min calf raises x3 2 minute squats x3 2 minute wall sits x3	Walk/Jog 25-30min	Rest	Jog ONLY 3 miles	Rest	Jog 30-35min
February 15-21	Rest	2 min jumping jacks x2 2 minute calf raises x2 2 minute squats x2	Walk/Jog 30-35min	Rest	Jog ONLY 4miles	Rest	Walk/Jog 30-40 min
February 22-28	Rest	90 sec jumping jacks x3 90 sec calf raises x3 90 second lunges x3	Walk/Jog 30-35min	Jog 30-35min	Rest	Jog 25-30min	40 Mile Finish 5/10k
Ask Yourself: What is your goal? A certain time? Just to finish? Just because? To beat your friend?							
DON'T over do it! Ease into the goal that you have set for yourself. Its okay to adjust as life happens as you train.							
Focus on your breathing! Deep breaths in, and controlled breaths out before, during, and after.							
Use us.mapometer.com to make known routes, it will show you how long those routes are.							
Don't be afraid to use your own neighborhood!! Even if its hilly							
Download Strava, and use your phone to track the distance that you travel each day.							
Get out and walk/jog rain or shine, comfortable or cold!							