

Chicago Area Runners Association (CARA / www.cararuns.org)

Beginning Running / 5K Plan: Level I

Our Level I plan is for those new to a health and fitness routine. This plan is for the participant who has a goal to walk a 5K for the first time.

WEEK	MON	TUES	WED	THU	FRI	SAT	SUN
1	Walk 20 min	Walk 20 min	Rest	Xtrain 30 min	Rest	Walk 25 min	Rest
2	Walk 25 min	Walk 25 min	Rest	Xtrain 30 min	Rest	Walk 30 min	Rest
3	Walk 30 min	Walk 30 min	Rest	Xtrain 30 min	Rest	Walk 35 min	Rest
4	Walk 30 min	Walk 30 min	Rest	Xtrain 30 min	Rest	Walk 40 min	Rest
5	Walk 30 min	Walk 30 min	Rest	Xtrain 30 min	Rest	Walk 45 min	Rest
6	Walk 30 min	Walk 30 min	Rest	Xtrain 30 min	Rest	Walk 50 min	Rest
7	Walk 30 min	Walk 30 min	Rest	Xtrain 30 min	Rest	Walk 55 min	Rest
8	Walk 30 min	Walk 30 min	Rest	Xtrain 30 min	Rest	Rest	Walk 5K Race

Key Terms:

- *Rest*: No organized exercised planned for this day.
- *Walk*: Walk at a brisk pace that increases your heart rate and rate of respiration, but still allows you to keep a conversation if you had to.
- *Xtrain*: Refers to cross-training. Complete a form of low impact exercise of your choice, such as yoga, strength training, stationary bike, elliptical trainer, swimming, etc...
- *Min*: Refers to minutes.

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Beginning Running / 5K Plan: Level II

Our Level II plan is for those who have completed some level of health and fitness routine before (at least walking). This plan is for the participant who has a goal to complete a 5K through a combination of walking and running.

WEEK	MON	TUES	WED	THU	FRI	SAT	SUN
1	Walk 30 min	Run 1 min/Walk 2 min 20 min total	Rest	Run 1 min/Walk 2 min 20 min total	Xtrain 30 min	Run 1 min/Walk 2 min 30 min total	Rest
2	Walk 30 min	Run 1 min/Walk 1 min 20 min total	Rest	Run 1 min/Walk 1 min 20 min total	Xtrain 30 min	Run 1 min/Walk 1 min 30 min total	Rest
3	Walk 30 min	Run 1:30 min/Walk 2 min 25 min total	Rest	Run 1 min/Walk 2 min 25 min total	Xtrain 30 min	Run 1 min/Walk 2 min 35 min total	Rest
4	Walk 30 min	Run 1:30 min/Walk 1 min 20 min total	Rest	Run 1 min/Walk 1 min 25 min total	Xtrain 30 min	Run 1 min/Walk 1 min 35 min total	Rest
5	Walk 30 min	Run 2 min/Walk 1 min 20 min total	Rest	Run 2 min/Walk 1 min 20 min total	Xtrain 30 min	Run 2 min/Walk 1 min 35 min total	Rest
6	Walk 30 min	Run 2 min/Walk 1 min 25 min total	Rest	Run 2 min/Walk 1 min 25 min total	Xtrain 30 min	Run 2 min/Walk 1 min 40 min total	Rest
7	Walk 30 min	Run 2:30 min/Walk 1 min 25 min total	Rest	Run 2:30 min/Walk 1 min 25 min total	Xtrain 30 min	Run 2 min/Walk 1 min 45 min total	Rest
8	Walk 30 min	Run 3 min/Walk 1 min 20 min total	Rest	Run 3 min/Walk 1 min 35 min total	Xtrain 30 min	Rest	Run 3 min/Walk 1 min 5K Race

Key Terms:

- *Rest*: No organized exercised planned for this day.
- *Run*: Run at a controlled pace, focusing on good smooth running form. The effort should increase your heart rate and rate of respiration to a pace that allows you to continue speaking in “phrases” (ability to say several words without having to take a deep breath) comfortably.
- *Walk*: Walk at a brisk pace that increases your heart rate and rate of respiration, but still allows you to keep a conversation if you had to.
- *Xtrain*: Refers to cross-training. Complete a form of low impact exercise of your choice, such as yoga, strength training, stationary bike, elliptical trainer, swimming, etc...
- *Min*: Refers to minutes.

Note: Where you see “run/walk” this calls for alternating periods of running for the amount of time stated, then immediately followed by walking for the amount of time stated. Continue repeating these run, then walk periods for the total time listed.

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Beginning Running / 5K Plan: Level III

Our Level III plan is for those who have completed some level of light jogging routine before. This plan is for the participant who has a goal to complete a 5K through a combination of walking and running.

WEEK	MON	TUES	WED	THU	FRI	SAT	SUN
1	Walk 30 min	Run 2 min/Walk 1 min 20 min total	Rest	Run 2 min/Walk 1 min 20 min total	Xtrain 30 min	Run 2 min/Walk 1 min 30 min total	Walk 30 min
2	Walk 30 min	Run 2:30 min/Walk 1 min 25 min total	Rest	Run 2:30 min/Walk 1 min 25 min total	Xtrain 30 min	Run 3 min/Walk 1 min 30 min total	Walk 30 min
3	Walk 30 min	Run 2:30 min/Walk 1 min 25 min total	Rest	Run 3 min/Walk 1 min 25 min total	Xtrain 30 min	Run 4 min/Walk 1 min 35 min total	Walk 30 min
4	Walk 30 min	Run 3 min/Walk 1 min 28 min total	Rest	Run 3 min/Walk 1 min 25 min total	Xtrain 30 min	Run 3 min/Walk 1 min 30 min total	Walk 30 min
5	Walk 30 min	Run 3:30 min/Walk 1 min 28 min total	Rest	Run 3:30 min/Walk 1 min 28 min total	Xtrain 30 min	Run 4 min/Walk 1 min 35 min total	Walk 30 min
6	Walk 30 min	Run 4 min/Walk 1 min 35 min total	Rest	Run 3:30 min/Walk 1 min 30 min total	Xtrain 30 min	Run 4 min/Walk 1 min 40 min total	Walk 30 min
7	Walk 30 min	Run 4 min/Walk 30 seconds 30 min total	Rest	Run 4 min/Walk 30 seconds 28 min total	Xtrain 30 min	Run 5 min/Walk 1 min 45 min total	Walk 30 min
8	Walk 30 min	Run 5 min/Walk 30 seconds 28 min total	Rest	Run 5 min/Walk 1 min 35 min total	Xtrain 30 min	Rest	Run 5 min/Walk 30 seconds 5K

Key Terms:

- *Rest*: No organized exercised planned for this day.
- *Run*: Run at a controlled pace, focusing on good smooth running form. The effort should increase your heart rate and rate of respiration to a pace that allows you to continue speaking in “phrases” (ability to say several words without having to take a deep breath) comfortably.
- *Walk*: Walk at a brisk pace that increases your heart rate and rate of respiration, but still allows you to keep a conversation if you had to.
- *Xtrain*: Refers to cross-training. Complete a form of low impact exercise of your choice, such as yoga, strength training, stationary bike, elliptical trainer, swimming, etc...
- *Min*: Refers to minutes.

Note: Where you see “run/walk” this calls for alternating periods of running for the amount of time stated, then immediately followed by walking for the amount of time stated. Continue repeating these run, then walk periods for the total time listed.

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Beginning Running / 5K Plan: Level IV

Our Level IV plan is for those who have completed some level of consistent running before, at least as a run/walk participant. This plan is for the participant who has a goal to complete a 5K through continuous running, without any walk breaks.

WEEK	MON	TUES	WED	THU	FRI	SAT	SUN
1	Rest	Walk 5 mins, Complete 4 sets of (Run 1/4 mile/Walk 1 min), Walk 5 mins	Rest	Walk 5 mins, Complete 2 sets of (Run 1/2 mile/Walk 2 min), Walk 5 mins	Rest	Walk 8-10 mins, Run 1 Mile, Walk 8-10 mins	Cross Train or Walk 30 minutes
2	Rest	Walk 5 mins, Complete 6 sets of (Run 1/4 mile/Walk 1 min), Walk 5 mins	Rest	Walk 5 mins, Complete 4 sets of (Run 1/2 mile/Walk 2 min), Walk 5 mins	Rest	Walk 8-10 mins, 2 sets (Run 1 Mile), Walk 8-10 mins	Cross Train or Walk 30 minutes
3	Rest	Walk 5 mins, Complete 4 sets of (Run 1/4 mile/Walk 1 min), Walk 5 mins	Rest	Walk 5 mins, Complete 2 sets of (Run 1/2 mile/Walk 2 min), Walk 5 mins	Rest	Walk 8-10 mins, Run 2 Mile, Walk 8-10 mins	Cross Train or Walk 30 minutes
4	Rest	Walk 5 mins, Complete 4 sets of (Run 1/4 mile/Walk 1 min), Walk 5 mins	Rest	Walk 5 mins, Complete 2 sets of (Run 1/2 mile/Walk 2 min), Walk 5 mins	Rest	Walk 8-10 mins, 2 sets (Run 1.25 Mile), Walk 8-10 mins	Cross Train or Walk 30 minutes
5	Rest	Walk 5 mins, Complete 4 sets of (Run 1/4 mile/Walk 1 min), Walk 5 mins	Rest	Walk 5 mins, Complete 2 sets of (Run 1/2 mile/Walk 2 min), Walk 5 mins	Rest	Walk 8-10 mins, Run 2.5 Mile, Walk 8-10 mins	Cross Train or Walk 30 minutes
6	Rest	Walk 5 mins, Complete 4 sets of (Run 1/4 mile/Walk 1 min), Walk 5 mins	Rest	Walk 5 mins, Complete 2 sets of (Run 1/2 mile/Walk 2 min), Walk 5 mins	Rest	Walk 8-10 mins, 2 sets (Run 1.5 Mile), Walk 8-10 mins	Cross Train or Walk 30 minutes
7	Rest	Walk 5 mins, Complete 4 sets of (Run 1/4 mile/Walk 1 min), Walk 5 mins	Rest	Walk 5 mins, Complete 2 sets of (Run 1/2 mile/Walk 2 min), Walk 5 mins	Rest	Walk 8-10 mins, Run 1 Mile, Walk 5 2 mins, Run 2 Miles, Walk 8-10 mins	Cross Train or Walk 30 minutes
8	Rest	Walk 5 mins, Complete 4 sets of (Run 1/4 mile/Walk 1 min), Walk 5 mins	Rest	Walk 5 mins, Complete 2 sets of (Run 1/2 mile/Walk 2 min), Walk 5 mins	Rest	Walk 5 mins, Run 3.1 Mile, Walk 5 mins	Cross Train or Walk 30 minutes

Key Terms:

- *Rest*: No organized exercised planned for this day.
- *Run*: *Run at a controlled pace, focusing on good smooth running form. The effort should increase your heart rate and rate of respiration to a pace that allows you to continue speaking in “phrases” (ability to say several words without having to take a deep breath) comfortably.*
- *Walk*: Walk at a brisk pace that increases your heart rate and rate of respiration, but still allows you to keep a conversation if you had to.
- *Xtrain*: Refers to cross-training. Complete a form of low impact exercise of your choice, such as yoga, strength training, stationary bike, elliptical trainer, swimming, etc...
- *Min*: Refers to minutes.

Note: Where you see “run/walk” this calls for alternating periods of running for the amount of time or distance stated, then immediately followed by walking for the amount of time stated. Continue repeating these run, then walk periods for the total time or distance listed.