

Superhero 5K Training Program

Beginner Edition



— ANY BABY CAN PRESENTS —
Walk for Autism
& SUPERHERO 5K

This training program is perfect for those of you that are looking to start your running ventures or if you have been out of the running game for more than 1 year. Following this schedule will prepare you to complete a 5K and get you on your way to future races!

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Jog 1 min + Walk 4 min (6 times)	Jog 1 min + Walk 4 min (6 times)	Rest	Jog 1 min + Walk 4 min (6 times)	Jog 1 min + Walk 4 min (6 times)	Jog 1 min + Walk 4 min (6 times)	Rest
2	Jog 2 min + walk 4 min (5 times)	Jog 2 min + walk 4 min (5 times)	Rest	Jog 2 min + walk 4 min (5 times)	Jog 2 min + walk 4 min (5 times)	Jog 2 min + walk 4 min (5 times)	Rest
3	Jog 4 min + walk 2 min (5 times)	Jog 4 min + walk 2 min (5 times)	Rest	Jog 4 min + walk 2 min (5 times)	Jog 4 min + walk 2 min (5 times)	Jog 4 min + walk 2 min (5 times)	Rest
4	Jog 6 min + walk 2 min (4 times)	Jog 6 min + walk 2 min (4 times)	Rest	Jog 6 min + walk 2 min (4 times)	Jog 6 min + walk 2 min (4 times)	Jog 6 min + walk 2 min (4 times)	Rest
5	Jog 8 min + walk 3 min (3 times)	Jog 8 min + walk 3 min (3 times)	Rest	Jog 8 min + walk 3 min (3 times)	Jog 8 min + walk 3 min (3 times)	Jog 8 min + walk 3 min (3 times)	Rest
6	Jog 10 min + walk 1 min (3 times)	Jog 10 min + walk 1 min (3 times)	Rest	Jog 10 min + walk 1 min (3 times)	Jog 10 min + walk 1 min (3 times)	Jog 10 min + walk 1 min (3 times)	Rest
7	Jog 13 min + walk 2 min (2 times)	Jog 13 min + walk 2 min (2 times)	Rest	Jog 13 min + walk 2 min (2 times)	Jog 13 min + walk 2 min (2 times)	Jog 13 min + walk 2 min (2 times)	Rest
8	Jog 14 min + walk 1 min (2 times)	Jog 14 min + walk 1 min (2 times)	Rest	Jog 14 min + walk 1 min (2 times)	Jog 14 min + walk 1 min (2 times)	Jog 14 min + walk 1 min (2 times)	Rest
9	Jog 18 min + walk 2 min + jog 10 min	Jog 18 min + walk 2 min + jog 10 min	Rest	Jog 18 min + walk 2 min + jog 10 min	Jog 18 min + walk 2 min + jog 10 min	Jog 18 min + walk 2 min + jog 10 min	Rest
10	Jog 20 min + walk 1 min + jog 10 min	Jog 20 min + walk 1 min + jog 10 min	Rest	Jog 20 min + walk 1 min + jog 10 min	Jog 20 min + walk 1 min + jog 10 min	Jog 20 min + walk 1 min + jog 10 min	Rest
11	Jog 25 min + walk 1 min + Jog 5 min	Jog 25 min + walk 1 min + Jog 5 min	Rest	Jog 25 min + walk 1 min + Jog 5 min	Jog 25 min + walk 1 min + Jog 5 min	Jog 25 min + walk 1 min + Jog 5 min	Rest
12	Jog 30 min	Jog 30 min	Rest	Jog 30 min	Jog 20 min	<u>Superhero 5K!</u>	Rest

Jogging Equipment:

- Water Bottle
- Sun Screen
- High Visibility Attire
- Training partner
- Running Shoes

Visit our friends at IRun Texas to get fit for running shoes based on your gait.

KEY:

Jogging will be done at a comfortable pace. You should be able to speak a 3-4 word sentence before needing a breath. Make sure that you pace yourself so that you can jog the required time indicated on the schedule.

Walking will be done at a brisk pace. Use your walking minutes to catch your breath and prepare for the next jogging interval. Make sure to keep good posture while walking.

Rest days are for stretching or practicing some yoga. Make sure that you stay hydrated and do not overindulge in fatty foods.

Enjoy the process, have fun, and most importantly have patience. Training for a race is an exciting experience!

For more racing tips visit with our Health and Wellness Director at achavira@abcsa.org or (210)547-3014.