



Lexington Medical Center Heart & Sole Women's Five Miler Training Plan

Each workout begins with a 5-minute warm up walk and ends with a 5-minute cool down walk. This plan emphasizes a run/walk method to slowly build your endurance over a 10-week period. Don't overdo, even if the plan seems easy at first. It's designed to build endurance, and does not emphasize speed. Run at whatever pace is comfortable to you. The goal is to complete the **Heart & Sole Women's Five Miler on April 25** and have fun!

	WEEK 1 Starting February 15	WEEK 2 Starting February 22	WEEK 3 Starting March 1	WEEK 4 Easy Recovery, Starting March 8	WEEK 5 Starting March 15	WEEK 6 Starting March 22	WEEK 7 Starting March 29	Week 8 Easy Recovery, Starting April 5	Week 9 Starting April 12	Week 10 Race Week, Starting April 19
SUNDAY*	Workout 1	Workout 1	Workout 1	Workout 1	Workout 1	Workout 1	Workout 1	Workout 1	Workout 1	Workout 1
Brisk Walk	5 min	5 min	5 min	5 min	5 min	5 min	5 min	5 min	5 min	5 min
Run/Walk	1 min/2 min (Repeat run/ walk 6 times)	1 min/2 min (Repeat 7 times)	2 min/2 min (Repeat 6 times)	2 min/2 min (Repeat 5 times)	2 min/1 min (Repeat 8 times)	3 min/1 min (Repeat 7 times)	4 min/1 min (Repeat 6 times)	4 min/1 min (Repeat 7 times)	5 min/1 min (Repeat 6 times)	10 min/1 min (Repeat 4 times)
Cool Down	5 min	5 min	5 min	5 min	5 min	5 min	5 min	5 min	5 min	5 min
TOTAL	28 min	31 min.	34 min	30 min	34 min	38 min	40 min	38 min	46 min	54 min
TUESDAY*	Workout 2	Workout 2	Workout 2	Workout 1	Workout 2	Workout 2	Workout 2	Workout 2	Workout 2	Workout 2
Brisk Walk	5 min	5 min	5 min	5 min	5 min	5 min	5 min	5 min	5 min	5 min
Run/Walk	1 min/2 min (Repeat run/ walk 8 times)	2 min/2 min (Repeat 7 times)	3 min/2 min (Repeat 7 times)	3 min/2 min (Repeat 6 times)	3 min/1 min (Repeat 9 times)	5 min/1 min (Repeat 7 times)	10 min/1 min (Repeat 4 times)	10 min/1 min (Repeat 4 times)	Run 10 min/ walk 1 min Run 15 min/ walk 1 min Run 20 min/ walk 1 min Run 10 min	10 min/1 min (Repeat 4 times)
<div style="border: 1px solid black; padding: 5px; display: inline-block;"> <p>Don't forget to register for the race: HeartandSoleRun.com</p> </div>										
Cool Down	5 min	5 min	5 min	5 min	5 min	5 min	5 min	5 min	5 min	5 min
TOTAL	34 min	38 min	45 min	40 min	46 min	52 min	54 min	54 min	68 min	54 min
THURSDAY*	Workout 3	Workout 3	Workout 3	Workout 3	Workout 3	Workout 3	Workout 3	Workout 3	Workout 3	Workout 3
Brisk Walk	5 min	5 min	5 min	5 min	5 min	5 min	5 min	5 min	5 min	5 min
Run/Walk	1 min/2 min (Repeat run/ walk 7 times)	2 min/2 min (Repeat 6 times)	3 min/2 min (Repeat 6 times)	2 min/3 min (Repeat 6 times)	3 min/1 min (Repeat 8 times)	3 min/1 min (Repeat 10 times)	5 min/1 min (Repeat 7 times)	5 min/1 min (Repeat 6 times)	10 min/1 min (Repeat 4 times)	10 min/1 min (Repeat 4 times)
Cool Down	5 min	5 min	5 min	5 min	5 min	5 min	5 min	5 min	5 min	5 min
TOTAL	31 min	34 min	40 min	40 min	42 min	50 min	52 min	46 min	54 min	54 min

*Choose any three days of the week for your workout.