

Your 6-Week 5K Plan

Ready to get started? Read down the columns for your day-by-day plan. If you miss a day, don't sweat it, just keep going—it's consistency that matters. Over time, regular walking and running can decrease insulin resistance; lower A1C, blood pressure, and triglycerides; and help your heart work more efficiently.

YOU'VE GOT THIS!	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
MONDAY	Strength Workout: Circuit A	Strength Workout: Circuit A	Strength Workout: Circuit A	Strength Workout: Circuit B	Strength Workout: Circuit B	Strength Workout: Circuit B
TUESDAY	Walk 20 min.	Walk 30 min.	Walk 30 min.	Walk 30 min.	Walk 30 min.	RACE PREP Run (or run/walk) 2 miles (½ mile moderate; 1½ miles hard) Walk ½ mile
WEDNESDAY	Rest & stretch	Rest & stretch	Rest & stretch	Rest & stretch	Rest & stretch	Rest & stretch
THURSDAY	Run 10 min. (5 min. easy, then 5 min. moderate)	Run 15 min. (5 min. slow, 5 min. moderate, 5 min. quick)	Run 20 min. (increase effort every 5 min.)	Walk 5 min. Alternate 20 min. (1 min. run & 1 min. walk) Walk 5 min.	Run 20 min. (increase effort every 5 min.)	Walk 5 min. Alternate 20 min. (1 min. run & 1 min. walk) Walk 5 min.
FRIDAY	Strength Workout: Circuit B	Strength Workout: Circuit B	Strength Workout: Circuit B	Strength Workout: Circuit A	Strength Workout: Circuit A	Strength Workout: Circuit A
SATURDAY	Walk 5 min. Alternate 10 min. (1 min. run & 1 min. walk) Walk 5 min.	Walk 5 min. Alternate 10 min. (1 min. run & 1 min. walk) Walk 5 min.	Walk 5 min. Alternate 20 min. (2 min. run & 1 min. walk) Walk 5 min.	Walk 5 min. Alternate 20 min. (2 min. run & 1 min. walk) Walk 5 min.	Walk 5 min. Alternate 35 min. (1 min. run & 1 min. walk) Walk 5 min.	RACE DAY!
SUNDAY	Rest & stretch	Cross-train: Bike or hike	Cross-train: Bike or hike	Cross-train: Bike or hike	Cross-train: Bike or hike	Rest & stretch

THE EXPERT Cliff Scherb, who designed this program, is a PWD type 1, endurance athlete, and the founder and principal coach of TriStar Athletes, a team of coaches helping type 1 athletes of all fitness levels reach their goals. He is an All-American triathlete and three-time finisher of the Ironman World Championships in Kona, Hawaii, and he holds the second-fastest PWD type 1 Ironman time of 9 hours and 7 minutes. For more on Cliff, visit TristarAthletes.com, or email him at Cliff@tristarathlete.com.