

# Motivation secret: a race!

These three simple training plans will keep you on track and prep you to cross the finish line of your choice. Go, you!

## GET READY TO TRAIN FOR YOUR FIRST 5K

### Your workouts decoded

**STRENGTH TRAINING** can include yoga, pilates or toning exercises.

**CROSS TRAINING** can be swimming, cycling or any nonwalking/running cardio.

**SPEED 1** Here is where you'll zap megacalories! Warm up for 1 mile; do a hard run ½ mile, then an easy ½ mile, then a hard ½ mile. Cool down for ½ mile to 1 mile.

**SPEED 2** Warm up for 1 mile, then alternate two hard minutes with two easy minutes for 1 mile. Cool down for ½ mile to 1 mile.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Strength train.	Run or run-walk 25 minutes.	Rest or cross train 30 to 45 minutes.	Speed 1 workout (see above)	Rest and relax.	Run or run-walk 1 mile.	Rest and relax.
Week 2	Cross train 30 to 45 minutes.	Speed 2 workout (see above)	Strength train.	Run or run-walk 25 minutes.	Rest and relax.	Run or run-walk 1 mile.	Rest and relax.
Week 3	Strength train.	Run or run-walk 30 minutes.	Rest or cross train 30 to 45 minutes.	Speed 1 workout	Rest and relax.	Run or run-walk 2 miles.	Rest and relax.
Week 4	Cross train 30 to 45 minutes.	Speed 2 workout	Strength train.	Run or run-walk 30 minutes.	Rest and relax.	Run or run-walk 2 miles.	Rest and relax.
Week 5	Strength train.	Run or run-walk 35 minutes.	Rest or cross train 30 to 45 minutes.	Speed 1 workout	Rest and relax.	Run or run-walk 3 miles.	Rest and relax.
Week 6	Cross train 30 to 45 minutes.	Run or run-walk 35 minutes.	Strength train.	Rest and relax.	Rest and relax.	Race: 5K	Celebrate!

## WANT TO KEEP GOING? YOU'RE ON YOUR WAY TO A 10K

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 7	Strength train.	Run or run-walk 40 minutes.	Rest or cross train 30 to 45 minutes.	Speed 1 workout	Rest and relax.	Run or run-walk 4 miles.	Rest and relax.
Week 8	Cross train 30 to 45 minutes.	Speed 2 workout	Strength train.	Run or run-walk 40 minutes.	Rest and relax.	Run or run-walk 4 miles.	Rest and relax.
Week 9	Strength train.	Run or run-walk 45 minutes.	Rest or cross train 30 to 45 minutes.	Speed 1 workout	Rest and relax.	Run or run-walk 5 miles.	Rest and relax.
Week 10	Cross train 30 to 45 minutes.	Speed 2 workout	Strength train.	Run or run-walk 45 minutes.	Rest and relax.	Run or run-walk 5 miles.	Rest and relax.
Week 11	Strength train.	Run or run-walk 50 minutes.	Rest or cross train 30 to 45 minutes.	Speed 1 workout	Rest and relax.	Run or run-walk 6 miles.	Rest and relax.
Week 12	Cross train 30 to 45 minutes.	Run or run-walk 50 minutes.	Strength train.	Rest and relax.	Rest and relax.	Race: 10K	Celebrate!

## AWESOME JOB! SET YOUR SIGHTS ON A half marathon

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 13	Strength train.	Run or run-walk 55 minutes.	Rest or cross train 30 to 45 minutes.	Speed 1 workout	Rest and relax.	Run or run-walk 8 miles.	Rest and relax.
Week 14	Cross train 30 to 45 minutes.	Speed 2 workout	Strength train.	Run or run-walk 55 minutes.	Rest and relax.	Run or run-walk 8 miles.	Rest and relax.
Week 15	Strength train.	Run or run-walk 60 minutes.	Rest or cross train 30 to 45 minutes.	Speed 1 workout	Rest and relax.	Run or run-walk 10 miles.	Rest and relax.
Week 16	Cross train 30 to 45 minutes.	Speed 2 workout	Strength train.	Run or run-walk 60 minutes.	Rest and relax.	Run or run-walk 12 miles.	Rest and relax.
Week 17	Strength train.	Run or run-walk 65 minutes.	Rest or cross train 30 to 45 minutes.	Speed 1 workout	Rest and relax.	Run or run-walk 8 miles.	Rest and relax.
Week 18	Cross train 30 to 45 minutes.	Run or run-walk 30 minutes.	Strength train.	Rest and relax.	Rest and relax.	Race: half marathon	Celebrate!

*THE PRO:* Joe English is a running and triathlon coach in Portland, Oregon, who specializes in working with women of all levels, including charity fund-raising walkers and Boston Marathon hopefuls. A lifelong endurance athlete, English ministers to thousands of ailing and aspiring runners with his blog [Running-Advice.com](http://Running-Advice.com).

 **DOWNLOAD YOUR CHART** Go to [Self.com/fitness](http://Self.com/fitness) to print out a PDF of your training plan. Hang it on your fridge or at your desk to monitor your progress.