



# Beginner Training Plan

This is a beginner-friendly training plan for Powell Wellness Center’s Rockwater Park 5K. If you have never done a 5K before, this plan will help you prepare to walk or jog the event. This plan begins on **April 10** and finishes with the **Rockwater Park 5K on June 4, 2022**.

**Do not start this program without your doctor’s approval! A few tips:**

**Listen to your body- If you are in pain, stop immediately!**  
A little soreness is normal, and to be expected, but if you feel that you are injured, please talk to your doctor. Pain that is occurring on one side of the body but not the other (e.g., pain in your left hip, but not your right), or pain that is of an intensity that you must stop what you are doing to address it, is a red flag.

**Be sure to warm up before you run, and stretch your muscles after you walk or run.**  
Walking is a great warmup for running. Dynamic stretching helps your muscles and joints prepare for the workout to come by increasing blood flow and lubricating your joints. Stretching afterwards helps your muscles recover, and also can reduce soreness afterwards. Stretching after exercise is also a great time to reflect on what you accomplished during your workout.

**If you can’t run, walk!**  
Every step gets you closer to the finish line, and the Turkey Trot is not a competitive event. Start by walking and gradually add in short intervals of faster walking, or even jogging, alternating with periods of slower walking to recover before jogging again. Remember, everyone is there to have fun!

**Drink plenty of water before, during, and after each workout.**  
Hydration is extremely important for everyone, especially before, during, and after exercise. Water helps to regulate body temperature and blood pressure, and also aids in the distribution of essential energy nutrients. Drink 17-20 ounces of water two hours before the start of exercise, 6-10 ounces every 10-20 minutes during exercise, and 16-24 ounces in the hour following exercise.

**These workouts aren’t set in stone; rearrange them as needed to fit your schedule and allow for recovery after hard workouts.**

Aim for at least three walking/jogging workouts, two or three strength training sessions, and at least one full day of rest each week.

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Week 1</b> <i>April 10-16</i>	Rest	15-20 minutes walking /jogging	Rest or Strength training	Strength training	15-20 minutes walking /jogging	Rest or Strength training	30 minutes walking /jogging
<b>Week 2</b> <i>April 17-23</i>	Rest	20-25 minutes walking /jogging	Rest or Strength training	Strength training	20-25 minutes walking /jogging	Rest or Strength training	35 minutes walking /jogging
<b>Week 3</b> <i>April 24-30</i>	Rest	25-30 minutes walking /jogging	Rest or Strength training	Strength training	25-30 minutes walking /jogging	Rest or Strength training	40 minutes walking /jogging
<b>Week 4</b> <i>May 1-7</i>	Rest	30-35 minutes walking /jogging	Rest or Strength training	Strength training	30-35 minutes walking /jogging	Rest or Strength training	45 minutes walking /jogging
<b>Week 5</b> <i>May 8-14</i>	Rest	35-40 minutes walking /jogging	Rest or Strength training	Strength training	35-40 minutes walking /jogging	Rest or Strength training	50 minutes walking /jogging
<b>Week 6</b> <i>May 15-21</i>	Rest	40-45 minutes walking /jogging	Rest or Strength training	Strength training	40-45 minutes walking /jogging	Rest or Strength training	55 minutes walking /jogging
<b>Week 7</b> <i>May 22-28</i>	Rest	45-50 minutes walking /jogging	Rest or Strength training	Strength training	45-50 minutes walking /jogging	Rest or Strength training	60 minutes walking /jogging
<b>Week 8</b> <i>May 29- June 4</i>	Rest	50-55 minutes walking /jogging	Rest or Strength training	30 minutes walking/jogging	Rest or Strength training	30-35 minutes walking /jogging	<b>Rockwater Park 5K!</b>

**Suggested bodyweight strength training program to complement your 5K training program:**

2-3 sets of 8-10 repetitions: Bodyweight squats or stability ball wall squats \* Hip bridges \* Calf raises \* Supine dead bugs \* Pushups (regular or modified)

*Training plan by Katie Hutchins, ACE Certified Personal Trainer and Group Fitness Instructor*

*For more information, email khutchins@culpeperwellness.org*