



PRESENTED BY
NATIONAL UNIVERSITY

RUN YOUR FIRST 5K!

Designed by Meb Keflezighi, this 5-week "Desk to 5K" training plan helps beginners start smart and stay focused while enjoying proper rest and recovery. A brisk 5-minute warm up walk is recommended before each activity.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	REST	2 MILES ALTERNATING 30 SECS RUNNING / 60 SECS WALKING	CROSS-TRAINING 30-60 MINUTES	REST	REST OR EASY CROSS-TRAINING 30-60 MINS	2 MILES ALTERNATING 30 SECS RUNNING / 40 SECS WALKING	REST OR EASY CROSS-TRAINING 30-60 MINS
2	REST	2 MILES ALTERNATING 40 SECS RUNNING / 60 SECS WALKING	CROSS-TRAINING 30-60 MINUTES	REST	REST OR EASY CROSS-TRAINING 30-60 MINS	2 MILES ALTERNATING 40 SECS RUNNING / 40 SECS WALKING	REST OR EASY CROSS-TRAINING 30-60 MINS
3	REST	2.5 MILES ALTERNATING 50 SECS RUNNING / 50 SECS WALKING	CROSS-TRAINING 30-60 MINUTES	REST	REST OR EASY CROSS-TRAINING 30-60 MINS	2.5 MILES ALTERNATING 50 SECS RUNNING / 30 SECS WALKING	REST OR EASY CROSS-TRAINING 30-60 MINS
4	REST	2.5 MILES ALTERNATING 60 SECS RUNNING / 40 SECS WALKING	CROSS-TRAINING 30-60 MINUTES	REST	REST OR EASY CROSS-TRAINING 30-60 MINS	3 MILES ALTERNATING 60 SECS RUNNING / 20 SECS WALKING	REST OR EASY CROSS-TRAINING 30-60 MINS
5	3 MILES ALTERNATING 60 SECS RUNNING / 20 SECS WALKING	REST OR EASY CROSS-TRAINING 30-60 MINS	CROSS-TRAINING 30-60 MINUTES	REST	2 MILES ALTERNATING 60 SECS RUNNING / 30 SECS WALKING	REST OR EASY CROSS-TRAINING	CARLSBAD 5000!

Rest: Recharge your batteries for the week ahead!

Walk: Move at a pace that lets you to catch your breath between stretches of jogging.

Run: Aim for an effort that still allows you to carry a conversation. Speed is not important!

Cross-training: Cycle, swim, yoga - whatever you enjoy that works up a good sweat!

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