

Training Plan



The 5K Fitness Challenge is your guide to preparing to run or walk in the *Live Well San Diego* 5K on September 18, 2022. Each step is designed to help you go from the couch to a 5K by slowly increasing the amount you exercise each day. Add the number of miles, steps, or exercise time to what you already do to be ready by race day. No matter how you track your exercise, this training plan can help you get there!

STEP 1 - 1.0 MILE OR +2200 STEPS

- DAY 1: Walk ~20 min/Jog ~12 min
- DAY 2: Walk ~20 min/Jog ~12 min
- DAY 3: Walk ~20 min/Jog ~12 min
- DAY 4: Walk ~20 min/Jog ~12 min
- DAY 5: REST DAY

STEP 2 - 1.5 MILES OR +3300 STEPS

- DAY 6: **BOOST** - Walk ~30 min/Jog ~18 min
- DAY 7: Walk ~30 min/Jog ~18 min
- DAY 8: REST DAY
- DAY 9: Walk ~30 min/Jog ~18 min
- DAY 10: Walk ~30 min/Jog ~18 min

STEP 3 - 2.0 MILES OR +4400 STEPS

- DAY 11: **BOOST** - Walk ~40 min/Jog ~24 min
- DAY 12: REST DAY
- DAY 13: Walk ~40 min/Jog ~24 min
- DAY 14: Walk ~40 min/Jog ~24 min
- DAY 15: Walk ~40 min/Jog ~24 min
- DAY 16: REST DAY
- DAY 17: Walk ~40 min/Jog ~24 min

STEP 4 - 2.5 MILES OR +5500 STEPS

- DAY 18: **BOOST** - Walk ~50 min/Jog ~30 min
- DAY 19: REST DAY
- DAY 20: Walk ~50 min/Jog ~30 min
- DAY 21: Walk ~50 min/Jog ~30 min
- DAY 22: REST DAY
- DAY 23: Walk ~50 min/Jog ~30 min
- DAY 24: Walk ~50 min/Jog ~30 min

STEP 5 - 3.0 MILES OR +6600 STEPS

- DAY 25: **BOOST** - Jog ~50 min/Run ~36 min
- DAY 26: REST DAY
- DAY 27: Jog ~50 min/Run ~36 min
- DAY 28: Jog ~50 min/Run ~36 min
- DAY 29: Jog ~50 min/Run ~36 min
- DAY 30: REST DAY
- DAY 31: Jog ~50 min/Run ~36 min

STEP 6 - 3.5 MILES OR +7700 STEPS

- DAY 32: **BOOST** - Jog ~60 min/Run ~42 min
- DAY 33: JOG ~60 min/Run ~42 min
- DAY 34: REST DAY - keep loose with a walk!
- DAY 35: **RACE DAY** - Run/Walk the *Live Well San Diego* 5K at Waterfront Park!
- DAY 36: RECOVERY DAY - Walk 15-20 min/1 mile or +2200 steps

SWITCH IT UP!

Feel free to replace any of the above fitness challenges with one of the Partner Meet-Up events!

