

## Rising Star 5k Training Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 1</b>	20 minute walk	5-minute warm up jog 5x(2 minute jog, 1 minute walk)	10-minute walk +10-minute jog 5- minute walk 5- minute jog	Cross train or Rest day	5 minute warm up jog +10x(1-minute jog/ 1- minute walk)	10-minute walk +10-minute jog +10- minute jog	5-minute walk + 5 x(3 minutes jog/2 minutes walk)
<b>Week 2</b>	30 minute walk	5-minute warm up jog +4 x (jog 3 minutes/walk 2 minutes)	10-minutes walk + 10-minute jog 5-minute walk 7- minute jog	Cross train or Rest day	5 minute warm up jog +5x(4-minute jog/2- minute walk)	10-minute walk +15-minute jog +10- minute jog	5-minute walk + 5 x(5 minutes jog/2 minutes walk)
<b>Week 3</b>	30 minute walk	5-minute warm up jog +4 x (jog 3 minutes/walk 2 minutes)	10-minutes walk + 15-minute jog 5-minute walk 5- minute jog	Cross traing or Rest day	5 minute warm up jog +3x(5-minute jog/2- minute walk)	10 minute walk +20 minute jog	5-minute walk + 3x(7 minutes jog/2 minutes walk)
<b>Week 4</b>	35 minute walk	5-minute walk +5x(5 minutes jog/2 minutes walk)	10-minute jog +5- minute walk +10- minute jog +5 minute walk	Cross train or Rest day	5-minute walk +3x (7 minutes jog/2 minutes walk)	10-minute walk +25- minue Jog	5-minute walk + 3 x(8 minutes jog/2 minutes walk)
<b>Week 5</b>	35 minute walk	5-minute walk +3x (7 minutes jog/1minutes walk)	10-minutes walk + 20-minute jog 5-minute walk 10-minute jog	Cross train or Rest day	5-minute walk +3x (8 minutes jog/2 minutes walk)	10-minute walk +25- minue Jog	5-minute walk +2x (1 mile jog/2 minute walk)
<b>Week 6</b>	40 minute walk	5-minute walk +3x (10 minutes jog/2minutes walk)	10-minutes walk + 20-minute jog 5-minute walk 10-minute jog	Cross train or Rest day	5-minute walk +3x (8 minutes jog/2 minutes walk)	10-minute walk +30- minue Jog	5-minute walk + 3 x(8 minutes jog/2 minutes walk)
<b>Week 7</b>	40 minute walk	5-minute walk +3x (12 minutes jog/2minutes walk)	10-minutes walk + 20-minute jog 5-minute walk 10-minute jog	Cross train or Rest day	5-minute walk +3x (12 minutes jog/1minutes walk)	Jog 3 miles	5-minute walk + 2 x(15 minutes jog/2 minutes walk)
<b>Week 8</b>	30 minute walk	5-minute walk +2x (15 minutes jog/1 minutes walk)	10-minute walk +25-minute jog	Cross train or Rest day	10-minute walk +15- minute jog	5k race/day off	5k race/day

Cross Training/Rest day- Rest days are a vital part of training as they give your muscles the opportunity to absorb the training you have completed and a chance to rebuild and become stronger. You can choose to use this day as a rest day or consider low impact cross training. Some options includes easy cycling, elliptical, swimming or Yoga.