

GIRLS ON THE RUN 5K TRAINING PROGRAMS



WELCOME TO GIRLS ON THE RUN®!

Thank you so much for entrusting our staff and volunteers with a very important girl who is close to your heart. The mission of Girls on the Run is to educate and prepare girls for a lifetime of self-respect and healthy living. Over the next few months, we will inspire program participants to be strong, confident, and connected, and by the conclusion of the program, the girls will be physically and emotionally prepared to complete a 5k run with their teammates. The finish line is just the beginning, however, as our ultimate goal is to provide the girls with tools and resources that develop their ability to think critically – a skill that will serve them well for a lifetime.

ABOUT GIRLS ON THE RUN

It is our true privilege to mentor, support and inspire the girls in the program. All Girls on the Run volunteer coaches are trained and certified to teach the formal curriculum which incorporates experiential lessons that build confidence and emotional health. In addition, fun physical activities prepare the girls to complete a 5k run. Over the course of the season girls will develop life skills known as the 5Cs +1. Girls will develop and improve competence, feel confidence in who they are, develop strength of character, respond to themselves and others with care and compassion, create positive connections with peers and adults, and make meaningful contributions to community and society. The program has been evaluated since 2001; this research documents improved self-esteem, increased motivation to be physically active, and heightened awareness of the value of physical activity (evaluation results are available at www.girlsontherun.org). To date, more than 1 million girls across the United States have experienced the life-changing impact of this program.

JOIN THE FUN!

To make the Girls on the Run experience even more meaningful, consider training to run with your girl in the end-of-season Girls on the Run 5K event. Every girl runs the 3.1 miles with a “running buddy” who provides encouragement and support along the course. We strongly encourage parents and caregivers to serve in this capacity. If you have never run or walked a 5K before, there is plenty of time to prepare! We have included a 5K training plan at the end of this guide that provides easy instructions on how to train over the next ten weeks to successfully run or walk in the 5K. The plans are customized for a variety of fitness levels – even if you have never run a step in your life! Take a look and find the one that is best for you. If you are new to running, please talk to a medical professional before getting started.

The best reason to participate in the Girls on the Run 5K with your girl is for the opportunity it provides to spend time training together. Walking or jogging together is the perfect time to ask the lesson questions included in this guide. As you both get moving, your moods will become elevated which makes it easier to share thoughts, feelings and beliefs. You may reach a level of communication you have never experienced before. The important conversations around growing up will reveal themselves when they are free to occur in the space of this time together.

Remember that the key to staying active is to have fun with it! You can run, walk, hop, skip or jump - just keep moving! Ready, set, GO!

GIRLS ON THE RUN 5K TRAINING PROGRAMS

DEVELOPED BY JENNY HADFIELD

The following training programs are designed to guide you to the finish line! There is a program for everyone and the real key to success starts with determining which program best fits your current activity level. That way, you will progress safely and enjoy a memorable experience with the 'Girl on the Run' in your life!

There are five **5K Training Programs**:

Walk [all walking]

Walk-Run [a little running sprinkled in with walking]

Run-Walk [a little walking sprinkled in with running]

Run [all running]

Advanced Run [for those who have run half marathons]

Why so many?

Because everyone is at a different fitness level and we all have varying goals for the day of the 5k. Some of you may be starting an exercise program for the first time and preparing to participate in your inaugural 5k event and others may be daily runners! Regardless, we are all training to reach the start line safely and more importantly, to be smiling as we cross the finish line with our friends and family members!

About Coach Jenny Hadfield

Jenny is a published author of three books (Marathoning for Mortals, Running for Mortals, Training for Mortals), writer, coach, speaker, and endurance athlete. She has a bachelor's degree in Exercise Physiology, a Master's Degree in Exercise Science and is a certified coach and personal trainer. For more information on Jenny, visit www.JennyHadfield.com.

5K WALK

DAY MODE INTENSITY i-RATE SCALE	Monday Walk Conversational Pace 6-7	Tuesday Cross-Train or Rest Moderate 7	Wednesday Walk Conversational Pace 6-7
WEEK 1	25 minutes	30 minutes	25 minutes
WEEK 2	25 minutes	30 minutes	25 minutes
WEEK 3	25 minutes	30 minutes	30 minutes
WEEK 4	30 minutes	30 minutes	30 minutes
WEEK 5	30 minutes	30 minutes	35 minutes
WEEK 6	30 minutes	30-40 minutes	35 minutes
WEEK 7	35 minutes	30-40 minutes	35 minutes
WEEK 8	35 minutes	30-40 minutes	40 minutes
WEEK 9	40 minutes	30-40 minutes	40 minutes
WEEK 10	30 minutes	30 minutes	30 minutes

**[BEST SUITED FOR THOSE WHO WANT TO WALK THE 5K OR THOSE WHO
HAVE BEEN INACTIVE FOR FOUR OR MORE MONTHS]**

Thursday Rest Day	Friday Cross-Train or Rest Moderate 7	Saturday Walk Conversational Pace 6-7	Sunday Rest Day
Rest	30 minutes	30 minutes	Rest
Rest	30 minutes	30 minutes	Rest
Rest	30 minutes	35 minutes	Rest
Rest	30 minutes	35 minutes	Rest
Rest	30 minutes	40 minutes	Rest
Rest	30-40 minutes	40 minutes	Rest
Rest	30-40 minutes	45 minutes	Rest
Rest	30-40 minutes	50 minutes	Rest
Rest	30-40 minutes	45 minutes	Rest
Rest	30 minutes	5K Walk	Rest

5K WALK-RUN

DAY MODE INTENSITY i-RATE SCALE	Monday Walk-Run Moderate 7	Tuesday Cross-Train or Rest Easy 6	Wednesday Walk-Run Moderate 7
WEEK 1	24 minutes Run 1 min/Walk 3 min Repeat 6 times	30-40 minutes	24 minutes Run 1 min/Walk 3 min Repeat 6 times
WEEK 2	24 minutes Run 1 min/Walk 3 min Repeat 6 times	30-40 minutes	24 minutes Run 1 min/Walk 3 min Repeat 6 times
WEEK 3	24 minutes Run 1 min/Walk 3 min Repeat 6 times	30-40 minutes	28 minutes Run 1 min/Walk 3 min Repeat 7 times
WEEK 4	28 minutes Run 1 min/Walk 3 min Repeat 6 times	30-40 minutes	28 minutes Run 1 min/Walk 3 min Repeat 7 times
WEEK 5	28 minutes Run 1 min/Walk 3 min Repeat 7 times	30-40 minutes	28 minutes Run 1 min/Walk 3 min Repeat 7 times
WEEK 6	30 minutes Run 2 min/Walk 3 min Repeat 6 times	30-40 minutes	30 minutes Run 2 min/Walk 3 min Repeat 6 times
WEEK 7	30 minutes Run 2 min/Walk 3 min Repeat 6 times	30-40 minutes	35 minutes Run 2 min/Walk 3 min Repeat 7 times
WEEK 8	35 minutes Run 2 min/Walk 3 min Repeat 7 times	30-40 minutes	36 minutes Run 2 min/Walk 2 min Repeat 9 times
WEEK 9	36 minutes Run 2 min/Walk 2 min Repeat 9 times	30-40 minutes	36 minutes Run 2 min/Walk 2 min Repeat 9 times
WEEK 10	36 minutes Run 2 min/Walk 2 min Repeat 9 times	Rest	32 minutes Run 2 min/Walk 2 min Repeat 8 times

**[BEST SUITED FOR THOSE WHO HAVE BEEN WALKING OR EXERCISING
REGULARLY 2-3 TIMES PER WEEK FOR AT LEAST 3-4 MONTHS]**

Thursday Rest Day	Friday Cross-Train or Rest Easy 6-7	Saturday Walk-Run Moderate 7	Sunday Rest Day
Rest	30-40 minutes	24 minutes Run 1 min/Walk 3 min Repeat 6 times	Rest
Rest	30-40 minutes	24 minutes Run 1 min/Walk 3 min Repeat 6 times	Rest
Rest	30-40 minutes	28 minutes Run 1 min/Walk 3 min Repeat 7 times	Rest
Rest	30-40 minutes	28 minutes Run 1 min/Walk 3 min Repeat 7 times	Rest
Rest	30-40 minutes	30 minutes Run 2 min/Walk 3 min Repeat 6 times	Rest
Rest	30-40 minutes	35 minutes Run 2 min/Walk 3 min Repeat 7 times	Rest
Rest	30-40 minutes	40 minutes Run 2 min/Walk 3 min Repeat 8 times	Rest
Rest	30-40 minutes	40 minutes Run 2 min/Walk 2 min Repeat 10 times	Rest
Rest	30-40 minutes	40 minutes Run 2 min/Walk 2 min Repeat 10 times	Rest
30 minutes	Rest	5K Race Run/Walk 2/2	Rest

5K RUN-WALK

DAY MODE INTENSITY i-RATE SCALE	Monday Run-Walk Conversational Pace 6-7	Tuesday Cross-Train or Rest Moderate 7	Wednesday Run-Walk Conversational Pace 6-7
WEEK 1	25 minutes Run 3 min/Walk 2 min Repeat 5 times	30-40 minutes	25 minutes Run 3 min/Walk 2 min Repeat 5 times
WEEK 2	25 minutes Run 3 min/Walk 2 min Repeat 5 times	30-40 minutes	25 minutes Run 3 min/Walk 2 min Repeat 5 times
WEEK 3	25 minutes Run 3 min/Walk 2 min Repeat 5 times	30-40 minutes	30 minutes Run 3 min/Walk 2 min Repeat 6 times
WEEK 4	30 minutes Run 3 min/Walk 2 min Repeat 6 times	30-40 minutes	30 minutes Run 3 min/Walk 2 min Repeat 6 times
WEEK 5	30 minutes Run 4 min/Walk 2 min Repeat 5 times	30-40 minutes	30 minutes Run 4 min/Walk 2 min Repeat 5 times
WEEK 6	30 minutes Run 4 min/Walk 2 min Repeat 5 times	30-40 minutes	36 minutes Run 4 min/Walk 2 min Repeat 6 times
WEEK 7	36 minutes Run 4 min/Walk 2 min Repeat 6 times	30-40 minutes	35 minutes Run 4 min/Walk 1 min Repeat 7 times
WEEK 8	36 minutes Run 4 min/Walk 2 min Repeat 6 times	30-40 minutes	35 minutes Run 4 min/Walk 1 min Repeat 7 times
WEEK 9	40 minutes Run 4 min/Walk 1 min Repeat 8 times	30-40 minutes	42 minutes Run 5 min/Walk 1 min Repeat 8 times
WEEK 10	30 minutes Run 5 min/Walk 1 min Repeat 5 times	Rest	30 minutes easy Run 5/Walk 1 Repeat 5 times

[BEST SUITED FOR FIRST-TIME 5K AND THOSE WHO RUN OCCASIONALLY OR RUNNERS WHO WERE INJURED AND GETTING BACK INTO IT]

Thursday Rest Day	Friday Cross-Train or Rest Moderate 7	Saturday Run-Walk Conversational Pace 6-7	Sunday Rest Day
Rest	30-40 minutes	25 minutes Run 3 min/Walk 2 min Repeat 5 times	Rest
Rest	30-40 minutes	25 minutes Run 3 min/Walk 2 min Repeat 5 times	Rest
Rest	30-40 minutes	30 minutes Run 3 min/Walk 2 min Repeat 6 times	Rest
Rest	30-40 minutes	30 minutes Run 3 min/Walk 2 min Repeat 6 times	Rest
Rest	30-40 minutes	36 minutes Run 4 min/Walk 2 min Repeat 6 times	Rest
Rest	30-40 minutes	36 minutes Run 4 min/Walk 2 min Repeat 6 times	Rest
Rest	30-40 minutes	40 minutes Run 4 min/Walk 1 min Repeat 8 times	Rest
Rest	30-40 minutes	40 minutes Run 4 min/Walk 1 min Repeat 8 times	Rest
Rest	30-40 minutes	42 minutes Run 5 min/Walk 1 min Repeat 8 times	Rest
Rest	Rest	5K Race Run/Walk 5/1	Rest

5K RUN

DAY MODE INTENSITY i-RATE SCALE	Monday Run Conversational Pace 6-7	Tuesday Cross-Train or Rest Moderate 7	Wednesday Run -PickUps* Conversational Pace : 6-7
WEEK 1	25 minutes	30-40 minutes	25 minutes
WEEK 2	25 minutes	30-40 minutes	25 minutes
WEEK 3	25 minutes	30-40 minutes	30 minutes
WEEK 4	30 minutes	30-40 minutes	30 minutes *Pick Ups
WEEK 5	30 minutes	30-40 minutes	35 minutes *Pick Ups
WEEK 6	35 minutes	30-40 minutes	35 minutes *Pick Ups
WEEK 7	35 minutes	30-40 minutes	40 minutes *Pick Ups
WEEK 8	40 minutes	30-40 minutes	40 minutes *Pick Ups
WEEK 9	40 minutes	30-40 minutes	35 minutes *Pick Ups
WEEK 10	35 minutes	Rest	30 minutes *Pick Ups

[BEST SUITED FOR THOSE WHO HAVE BEEN RUNNING AT LEAST 2-3 TIMES PER WEEK FOR 20-30 MINUTES FOR AT LEAST 4 MONTHS]

Thursday Rest Day	Friday Cross-Train or Rest Moderate 7	Saturday Run Conversational Pace 6-7	Sunday Rest Day
Rest	30-40 minutes	30 minutes	Rest
Rest	30-40 minutes	30 minutes	Rest
Rest	30-40 minutes	35 minutes	Rest
Rest	30-40 minutes	35 minutes	Rest
Rest	30-40 minutes	40 minutes	Rest
Rest	30-40 minutes	40 minutes	Rest
Rest	30-40 minutes	45 minutes	Rest
Rest	30-40 minutes	45 minutes	Rest
Rest	30-40 minutes	40 minutes	Rest
Rest	Rest	5K Race	Rest

ADVANCED 5K RUN

DAY MODE INTENSITY i-RATE SCALE	Monday Run Moderate 7	Tuesday Cross-Train or Rest Moderate 7	Wednesday Run Hard 8+
WEEK 1	40 minutes	30-45 minutes	45 minutes *Pick-ups
WEEK 2	40 minutes	30-45 minutes	45 minutes *Pick-ups
WEEK 3	40 minutes	30-45 minutes	45 minutes *Pick-ups
WEEK 4	45 minutes	30-45 minutes	45 minutes *Speed A Workout
WEEK 5	45 minutes	30-45 minutes	45 minutes *Speed A Workout
WEEK 6	45 minutes	30-45 minutes	45 minutes *Speed B Workout
WEEK 7	45 minutes	30-45 minutes	45 minutes *Speed B Workout
WEEK 8	45 minutes	30-45 minutes	45 minutes *Speed C Workout
WEEK 9	45 minutes	30-45 minutes	45 minutes *Speed C Workout
WEEK 10	40 minutes	Rest	40 minutes *Speed D Workout

[BEST SUITED FOR THOSE WHO HAVE BEEN RUNNING AT LEAST 4 TIMES PER WEEK FOR 40-50 MINUTES FOR AT LEAST 1 YEAR]

Thursday Cross-Train or Rest Moderate 7	Friday Run Conversational Pace 6-7	Saturday Run Conversational Pace 6-7	Sunday Rest Day
30-45 minutes	40 minutes	45 minutes	Rest
30-45 minutes	40 minutes	45 minutes	Rest
30-45 minutes	40 minutes	50 minutes	Rest
30-45 minutes	40 minutes	50 minutes	Rest
30-45 minutes	40 minutes	45 minutes	Rest
30-45 minutes	40 minutes	60 minutes	Rest
30-45 minutes	40 minutes	50 minutes	Rest
30-45 minutes	40 minutes	60 minutes	Rest
30-45 minutes	40 minutes	45 minutes	Rest
Rest	30 minutes	5K Race	Rest

TRAINING SCHEDULE KEY TERMS

WARM-UP: 5 minutes at an easy pace prior to every workout.

COOL-DOWN: Walking 5 minutes at an easy pace after every workout to gradually bring heart rate and breathing back to normal levels.

FLEXIBILITY: Stretch after every workout when the muscles are warm to maintain or improve flexibility and prevent injuries.

HEART RATE: Using a heart monitor to maintain a range between the prescribed percentages...65-75% of estimated maximum heart rate.

I-RATE: Rate of perceived exertion. Rate your level of intensity by how you feel, 1-10. 1 being at rest and 10- being an all-out level. Use this system to stay in the smart training range listed on the training program (i.e. 6-7)

CROSS-TRAINING: Include activities that are non-walking. Cycling, swimming, pilates/ yoga, strength training, elliptical trainer, stair master, spinning are great cross training modes for training. Cross-training allows you to actively rest your walking muscles while training opposing muscle groups and reducing the risk of overtraining and injury. It helps speed recovery and reduces burnout. Heart rate zone of 75-80% of maximum or I-Rate of 7-8.

STRENGTH-TRAINING (ST): Strength train with machines, weights, resistance tubes/bands or classes like pilates, toning or yoga. Include strength training exercises for your upper body, core (abdominal and trunk) and lower body.

EASY PACE: Walk at an easy pace at 70-75% of maximum heart rate or an iRate level of 7+.

CONVERSATIONAL PACE: Conversational pace should be at a slow, and comfortable-conversational pace. You should be at a pace where you can hold a conversation easily. A heart rate zone of 65-75% of maximum or I-Rate of 6-7.5. Note: Heart rate will gradually climb due to fatigue and dehydration. Allow for a 5% increase and max heart rate of 75% of maximum rather than slowing pace to stay within zone.

MODERATE PACE: Moderate pace at 75-80% of maximum heart rate or an iRate level of 7-8. A pace where you can hear your breathing, but not breathing hard.

PICK-UPS: Run the workout at an easy pace and include 3-4 short, 30-60 second “pick-ups” within the run. Pick up your pace to a challenging pace where you can hear your breathing and it feels just outside your comfort zone.

WALK-RUN WORKOUT: Warm-up by walking 5 minutes at a brisk pace. Run at a pace that you can still talk or a “conversational pace” for prescribed number of minutes and follow with walking at a brisk pace for prescribed minutes. Example: Run 2 minute - Walk 2 minutes - repeat sequence 10 times for a total of 40 minutes. Cool-down by walking 5 minutes at an easy pace.

RUN-WALK WORKOUT: Warm-up walking 5 minutes at a brisk pace. Run at a pace that you can still talk or a “conversational pace” for prescribed number of minutes and follow with walking at a brisk pace for prescribed minutes. Example: Run 3 minute - Walk 2 minutes - repeat sequence 8 times for a total of 40 minutes. Cool-down walking 5 minutes at an easy pace.

RUN WORKOUT: Warm-up walking 5 minutes at a brisk pace. Run at a pace that you can still talk or a “conversational pace” at an iRate level of 6-7 or if you are using a heart rate monitor at 65-75% of maximum heart rate. Cool-down walking 5 minutes at an easy pace.

SPEED “A” WORKOUT: Warm-up walking 5 minutes at a brisk pace. Run 10 minutes at an easy pace. Then Repeat the following 5 times: Run one minute hard at 85-90% heart rate or 8-9 on I-Rate Scale followed by running 3 minutes at an easy pace to recover. It is key to be disciplined and run the easy segments easy. Otherwise, the quality of your running and progressing is compromised. After the one-minute repeats, cool down running 5 minutes easy followed by 5 minutes walking easy.

SPEED “B” WORKOUT: Warm-up walking 5 minutes at a brisk pace. Run 5 minutes at an easy pace. Then Repeat the Following 5 times: Run two minutes hard at 85-90% heart rate or 8-9 on I-Rate Scale followed by running 3 minutes at an easy pace to recover. It is key to be disciplined and run the easy segments easy. Otherwise, the quality of your running and progressing is compromised. After the two-minute repeats, cool down running 5 minutes easy followed by 5 minutes walking easy.

SPEED “C” WORKOUT: Warm-up walking 5 minutes at a brisk pace. Run 5 minutes at an easy pace. Then Repeat the Following 6 times: Run two minutes hard at 85-90% heart rate or 8-9 on I-Rate Scale followed by running 2 minutes at an easy pace to recover. It is key to be disciplined and run the easy segments easy. Otherwise, the quality of your running and progressing is compromised. After the two-minute repeats, cool down running 5 minutes easy followed by 5 minutes walking easy.

SPEED “D” WORKOUT: Warm-up walking 5 minutes at a brisk pace. Run 10 minutes at an easy pace. Then Repeat the Following 4 times: Run one minute hard at 85-90% heart rate or 8-9 on I-Rate Scale followed by running 3 minutes at an easy pace to recover. It is key to be disciplined and run the easy segments easy. Otherwise, the quality of your running and progressing is compromised. After the one-minute repeats, cool down running 5 minutes easy followed by 5 minutes walking easy.

SUPPORT GIRLS ON THE RUN

Want to get involved with Girls on the Run? Our team consists of volunteers who support the program in many ways – from coaches to committee members to board members and more! Everyone plays an instrumental role in delivering our life-changing curriculum to the girls of our community. If you'd like to show your support of Girls on the Run, we invite you to participate in any or all the following:

- *Volunteer to be a coach.*
- *Donate items to your local Girls on the Run council*
- *Volunteer your expertise or talents to serve the organization.*
- *Make a financial contribution.*

To learn more about ways to become involved in Girls on the Run, please visit our website at www.gotrcendmd.org.