


# SAN DIEGO FIRE RESCUE 5K TRAINING PLAN

OCT. 6, 2018 • SPANISH LANDING PARK WEST • WWW.SDFIRERESCUE.ORG

WEEK #	WEEK BEGINNING	NOTES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	13-AUG	PLAN YOUR WORKOUTS. CONSISTENCY IS VERY IMPORTANT! WALK 5 MINUTES, THEN RUN 1 MIN / WALK 30 SEC (REPEAT 6 TIMES).	OFF	15-20 MIN	CROSS TRAIN	15-20 MIN	OFF	15-20 MIN	CROSS TRAIN
2	20-AUG	KEEP IT UP! RECRUIT SOMEONE TO TRAIN WITH YOU. WALK 5 MINUTES, THEN RUN 1 MIN / WALK 30 SEC (REPEAT 8 TIMES).	OFF	15-20 MIN	CROSS TRAIN	15-20 MIN	OFF	20-25 MIN	CROSS TRAIN
3	27-AUG	RUN AT A CONVERSATIONAL, COMFORTABLE PACE. WALK 5 MINUTES, THEN RUN 2 MIN / WALK 30 SEC (REPEAT 6 TIMES).	OFF	15-20 MIN	CROSS TRAIN	15-20 MIN	OFF	20-25 MIN	CROSS TRAIN
4	3-SEP	MAKE SURE YOU ARE HYDRATING BEFORE AND AFTER YOUR WORKOUTS. WALK 5 MINUTES, THEN RUN 2 MIN / WALK 30 SEC (REPEAT 8 TIMES).	OFF	20-25 MIN	CROSS TRAIN	20-25 MIN	OFF	25-30 MIN	CROSS TRAIN
5	10-SEP	WALK 5 MINUTES, THEN RUN 3 MIN / WALK 30 SEC (REPEAT 6 TIMES).	OFF	20-25 MIN	CROSS TRAIN	20-25 MIN	OFF	25-30 MIN	CROSS TRAIN
6	17-SEP	PLAN WHAT YOU WILL WEAR ON RACE DAY. YOU DON'T WANT TO WEAR ANYTHING NEW ON RACE DAY! WALK 5 MINUTES, THEN RUN 3 MIN / WALK 30 SEC (REPEAT 6 TIMES).	OFF	25-30 MIN	CROSS TRAIN	25-30 MIN	OFF	30-35 MIN	CROSS TRAIN
7	24-SEP	START VISUALIZING YOURSELF COMPLETING YOUR FIRST 5K. WALK 5 MINUTES, THEN RUN 4 MIN / WALK 30 SEC (REPEAT 5 TIMES).	OFF	25-30 MIN	CROSS TRAIN	25-30 MIN	OFF	30-35 MIN	CROSS TRAIN
8	1-OCT	START THINKING ABOUT HOW YOU WILL CELEBRATE AND WHAT YOUR NEXT GOAL WILL BE. WALK 5 MINUTES, THEN RUN 4 MIN / WALK 30 SEC (REPEAT 6 TIMES).	OFF	30-35 MIN	CROSS TRAIN	20-25 MIN	OFF		REST

- ON CROSS TRAINING DAYS, GO FOR AN EASY WALK, BIKE RIDE, OR A SWIM. ANOTHER OPTION IS TO DO YOGA OR PILATES.
- ON RUN/WALK DAYS, START WITH 5-MINUTES OF WALKING TO WARM UP AND THEN START DOING YOUR INTERVALS OF RUN/WALKING. YOU MAY FIND THAT A CERTAIN INTERVAL WORKS BEST FOR YOU. YOU MAY ALSO GET TO THE POINT WHERE YOU DON'T WANT THE WALKING BREAKS. THE GOAL IS TO DETERMINE WHAT WORKS BEST FOR YOU. FINISH WITH A FEW MINUTES OF WALKING TO COOL DOWN. THEN STRETCH, FOAM ROLL, AND DO SOME CORE STRENGTH TRAINING.
- YOU SHOULD ALWAYS CONSULT YOUR PHYSICIAN OR OTHER HEALTHCARE PROVIDER BEFORE CHANGING OR STARTING THIS OR ANY OTHER EXERCISE PLAN.

Save 10% off your 5K registration with promo code INMOTION. You've earned it!

(Not valid with other promotions. Not valid on public safety, Kids 1-Mile Run or Sparky Sprint. Exp. 9/1/2018)

**RACE DAY!**  
YOU'VE TRAINED AND PLANNED FOR TODAY; ENJOY THE MOMENT AND HAVE A GREAT DAY.

TRAINING PLAN CREATED BY

