



This is a beginner-friendly training plan for the Blue Ridge Chorale's Shamrock Shuffle 5k. Whether you've completed a 5k in the past, or this is your first experience crossing the start line, this plan will help you prepare for the fun run. This plan begins on January 20, 2019, and finishes with the Shamrock Shuffle 5k on March 16.

Do not start this program without your doctor's approval!

A few tips:

1. Listen to your body- if you are in pain, stop immediately!

A little soreness is normal, but if you feel that you are injured, please talk to your doctor.

2. If you can't run, walk!

Every step forward gets you closer to the finish line, and the fun run is not a competitive event. We're all there to have fun!

3. Be sure to stretch your muscles after you walk or run, and drink plenty of water before, during, and after each workout.

You may also include some flexibility or strength training on some of your rest days, if you are able.

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1 <i>Jan. 20 – Jan. 26</i>	Rest or run/walk	1.5 m run or 15-20 min run/walk	Rest or run/walk	1.5 m run or 15-20 min run/walk	Rest	1.5 m run or 15-20 min run/walk	30-60 min walk
Week 2 <i>Jan. 27 – Feb. 2</i>	Rest or run/walk	1.75 m run or 18-23 min run/walk	Rest or run/walk	1.5 m run or 15-20 min run/walk	Rest	1.75 m run or 18-23 min run/walk	35-60 min walk
Week 3 <i>Feb. 3 – Feb. 9</i>	Rest or run/walk	2 m run or 20-25 min run/walk	Rest or run/walk	1.5 m run or 15-20 min run/walk	Rest	2 m run or 20-25 min run/walk	40-60 min walk
Week 4 <i>Feb. 10 – Feb. 16</i>	Rest or run/walk	2.25 m run or 23-28 min run/walk	Rest or run/walk	1.5 m run or 15-20 min run/walk	Rest	2.25 m run or 23-28 min run/walk	45-60 min walk
Week 5 <i>Feb. 17 – Feb. 23</i>	Rest or run/walk	2.5 m run or 25-30 min run/walk	Rest or run/walk	2 m run or 20-25 min run/walk	Rest	2.5 m run or 25-30 min run/walk	50-60 min walk
Week 6 <i>Feb. 24 – March 2</i>	Rest or run/walk	2.75 m run or 28-33 min run/walk	Rest or run/walk	2 m run or 20-25 min run/walk	Rest	2.75 m run or 28-33 min run/walk	55-60 min walk
Week 7 <i>March 3-9</i>	Rest or run/walk	3 m run or 30-35 min run/walk	Rest or run/walk	2 m run or 20-25 min run/walk	Rest	3 m run or 30-35 min run/walk	60 min walk
Week 8 <i>March 10-16</i>	Rest or run/walk	3 m run or 30-35 min run/walk	Rest or run/walk	2 m run or 20-25 min run/walk	Rest	Rest	Shamrock Shuffle 5K