

8 WEEK

walk-to-run

5k



TRAINING PLAN

Bethany Rutledge

Dear Athlete,



I'm glad you're here, and I hope you benefit from this 8-week 5k training plan originally published in conjunction with Bethany's book, *Courage to Tri*. I've left the following pages as B originally wrote them to preserve her unique style and sentiment. Looking forward to celebrating your big accomplishment in October! - John Rutledge

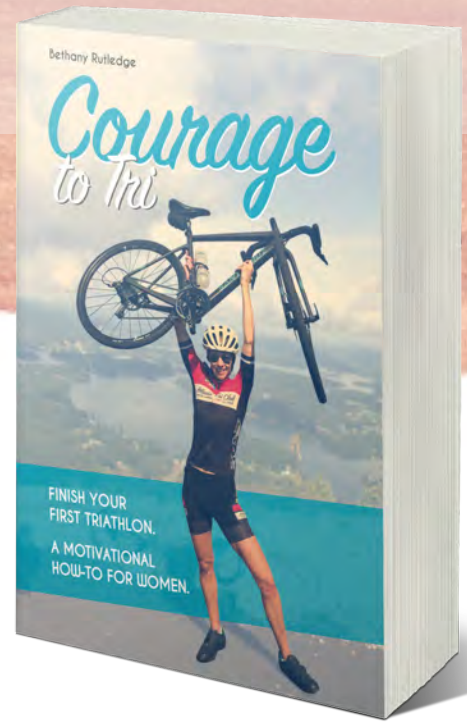
My name is Bethany—coach, author, sometimes-athlete, twin mom, and enthusiast of doing.

Real talk: I didn't start in triathlon as an endurance athlete. I had doubts about my ability to finish a mile run

I knew next-to-nothing about endurance sports. I thought triathlon was for uber-athletes, former Division I swimmers, and people who had life figured out.



Dear athlete,



Endurance sports were confusing.
And intimidating! But since,
I've learned it doesn't have to be that way.

No seriously.

After getting so much out of the sport, I wanted to compile and share the many lessons learned along the way and give back to the sport that had given me so much.

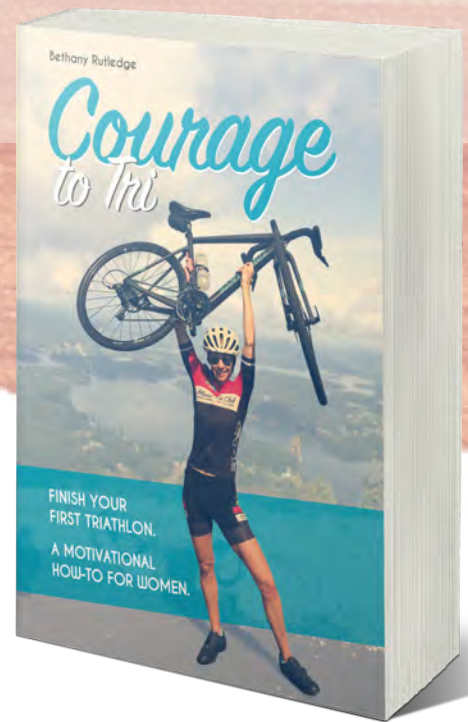
If you've ever thought tackling a 5k, sprint tri, or other event sounded awesome—but out of reach—I wrote *Courage to Tri* for you.

Let's overcome these challenges and cross your very own finish line, with the world's simplest 8 week 5k training plan.

You've got nothing to lose by tri-ing.

8 WEEK *5k*
TRAINING PLAN

Notes:



Effort Levels:

Your walking warmup (WU) and cool down (CD) should always be easy (1-2/5 on our RPE (Rated Perceived Exertion) scale).

Your main set (MS) effort level should be moderate (3/5 on our RPE scale.)

If running in general is a 4 or 5/5 effort right now, don't worry about it! Running should become easier as your fitness progresses.

Days:

You'll be training three days a week, denoted simply as Day 1, 2, and 3. You can pick any days that suit you, just be sure to space them out by at least a day.

Day 1 sessions:

WEEKS

WU: 5 minutes easy walking
MS:10(60" run/ 60" walk)
CD: 5 minutes walking

Total Time: 30'

WU: 5 minutes easy walking
MS:10(60" run/ 60" walk)
CD: 5 minutes walking

Total Time: 30'

WU: 5 minutes easy walking
MS: 10 (90" run/ 60" walk)
CD: 5 minutes walking

Total Time: 35'

WU: 5 minutes easy walking
MS: 8(120" run/ 60" walk)
CD: 6 minutes walking

Total Time: 35'

8

7

6

5

Day 1 sessions:

WEEKS

WU: 5 minutes easy walking
MS:8(120" run/ 60" walk)
CD: 6 minutes walking

Total Time: 35'

WU: 5 minutes easy walking
MS:6(3' run/ 1' walk)
CD: 6 minutes walking

Total Time: 35'

WU: 5 minutes easy walking
MS:6(3' run/ 1' walk)
CD: 6 minutes walking

Total Time: 35'

WU: 5 minutes easy walking
MS:4(3' run/ 1' walk)
CD: 4 minutes walking

Total Time: 25'

4

3

2

1

Day 2 sessions:

WEEKS

WU: 5 minutes easy walking

MS:6(30" run/ 60" walk)

CD:6 minutes walking

Total Time: 20'

WU: 5 minutes easy walking

MS:8(30" run/ 60" walk)

CD:3 minutes walking

Total Time: 20'

WU: 5 minutes easy walking

MS:6(60" run/ 60" walk)

CD:3 minutes walking

Total Time: 20'

WU: 5 minutes easy walking

MS:8(60" run/ 60" walk)

CD:3 minutes walking

Total Time: 20'

8

7

6

5

Day 2 sessions:

WEEKS

WU: 5 minutes easy walking
MS:6(90" run/ 60" walk)
CD:5 minutes walking

Total Time: 25'

WU: 5 minutes easy walking
MS:8(90" run/ 60" walk)
CD:5 minutes walking

Total Time: 30'

WU: 5 minutes easy walking
MS:6(90" run/ 60" walk)
CD:5 minutes walking

Total Time: 25'

WU: 5 minutes easy walking
MS:4(90" run/ 60" walk)
CD:5 minutes walking

Total Time: 20'

4

3

2

1

Day 3 sessions:

WEEKS

WU: 5 minutes easy walking

MS: 4 x .25 mile run with 60" walk between

CD:5 minutes walking

Total Run Distance: 1 mile

WU: 5 minutes easy walking

MS: .5 miles run + 4 x .25 miles with 60" walk
between

CD:5 minutes walking

Total Run Distance: 1.5 miles

WU: 5 minutes easy walking

MS: 2 x .5 miles run + 4 x .25 miles with 60"
walk between

CD:5 minutes walking

Total Run Distance: 2 miles

WU: 5 minutes easy walking

MS: 1 mile run + 2 x .5 miles run + 2 x .25
miles with 60" walk between

CD:5 minutes walking

Total Distance: 2.5 miles

8

7

6

5

Day 3 sessions:

WEEKS

WU: 5 minutes easy walking

MS: 2 x 1 mile run + 2 x .5 miles with
OPTIONAL 60" walk break between

CD:5 minutes walking

Total Distance: 3 miles

WU: 5 minutes easy walking

MS: 3 x 1 mile run with OPTIONAL 60" walk
break between

CD:5 minutes walking

Total Distance:3 miles

WU: 5 minutes easy walking

MS: 2 mile run with OPTIONAL 60" walk
break between

CD:5 minutes walking

Total Distance: 2 miles

WU: 5 minutes easy walking

MS: 5k Continuous!

CD:5 minutes walking

Total Distance: 5k

4

3

2

1

Thanks for Reading,

Bethany was a gifted writer, exploring a number of topics which can be read on her website:

BethanyRutledge.com

I hope you found this training plan helpful. Thank you for honoring her memory by participating in the Miles For Bethany 5k!

-John Rutledge

