10 WEEK TRAINING SCHEDULE

Follow this schedule on your own or along with the recorded training videos from our most recent virtual Rise to 5K Facebook Live training sessions at: **risevt.org/risevt-training-videos**

Training videos include guided dynamic and static stretching.

DEFINITIONS:

Effort is a power walk, jog, or run • ***Recovery*** is a slower run, jog, or walk

Dynamic stretching uses muscles themselves to bring about stretch • ***Static stretching*** is performed standing, sitting, or lying still & holding a single position up to 45 secs

WEEK	WORKOUT 1	WORKOUT 2
1	5 minutes welcome & review of day's workout plan 5 minutes dynamic warm-up & 5 minutes brisk walk 20 minutes alternating 30 seconds effort & 1.5 minutes recovery 5 minutes static stretching **40 minutes total**	5 minutes welcome & review of day's workout plan 5 minutes dynamic warm-up & 5 minutes brisk walk 20 minutes alternating 30 seconds effort & 1.5 minutes recovery 5 minutes static stretching **40 minutes total**
2	5 minutes welcome & review of day's workout plan 5 minutes dynamic warm-up & 5 minutes brisk walk 20 minutes alternating 1 minute effort & 1.5 minutes recovery 5 minutes static stretching **40 minutes total**	5 minutes welcome & review of day's workout plan 5 minutes dynamic warm-up & 5 minutes brisk walk 20 minutes alternating 1.5 minutes effort and 2 minutes recovery 5 minutes static stretching **40 minutes total**
3	5 minutes welcome & review of day's workout plan 5 minutes dynamic warm-up & 5 minutes brisk walk 1.5 minutes effort & 1.5 minutes recovery, 3 minutes effort & 3 minutes recovery 1.5 minutes effort & 1.5 minutes recovery, 3 minutes effort & 3 minutes recovery 5 minutes static stretching **38 minutes total**	5 minutes welcome & review of day's workout plan 5 minutes dynamic warm-up & 5 minutes brisk walk 2 minutes effort & 1.5 minutes recovery, 3 minutes of effort & 3 minutes recovery 2 minutes effort & 1.5 minutes recovery, 3 minutes of effort & 3 minutes recovery 5 minutes static stretching **39 minutes total**
4	5 minutes welcome & review of day's workout plan 5 minutes dynamic warm-up & 5 minutes brisk walk 3 minutes effort & 1.5 minutes recovery, 5 minutes effort & 2.5 minutes recovery 3 minutes effort & 1.5 minutes recovery, 5 minutes effort & 2.5 minutes recovery 5 minutes static stretching **44 minutes total**	5 minutes welcome & review of day's workout plan 5 minutes dynamic warm-up & 5 minutes brisk walk 3 minutes effort & 1.5 minutes recovery, 6 minutes effort & 3 minutes recovery 3 minutes effort & 1.5 minutes recovery, 6 minutes effort & 3 minutes recovery 5 minutes static stretching **47 minutes total**

WEEK	WORKOUT 1	WORKOUT 2
5	5 minutes welcome & review of day's workout plan 5 minutes dynamic warm-up & 5 minutes brisk walk 7 minutes effort and 2 minutes recovery 5 minutes effort and 3 minutes recovery 7 minutes effort and 2 minutes of walking 5 minutes static stretching **46 minutes total**	5 minutes welcome & review of day's workout plan 5 minutes dynamic warm-up & 5 minutes brisk walk 10 minutes effort and 2 minutes recovery 8 minutes effort and 2 minutes recovery 5 minutes effort and 2 minutes of walking 5 minutes static stretching **49 minutes total**
6	5 minutes welcome & review of day's workout plan 5 minutes dynamic warm-up & 5 minutes brisk walk 10 minutes effort and 3 minutes recovery 10 minutes effort and 5 minutes of walking 5 minutes static stretching **48 minutes total**	5 minutes welcome & review of day's workout plan 5 minutes dynamic warm-up & 5 minutes brisk walk 20 minutes effort and 5 minutes of walking 5 minutes static stretching **45 minutes total**
7	5 minutes welcome & review of day's workout plan 5 minutes dynamic warm-up & 5 minutes brisk walk 15 minutes effort and 3 minutes recovery 10 minutes effort and 5 minutes of walking 5 minutes static stretching **53 minutes total**	5 minutes welcome & review of day's workout plan 5 minutes dynamic warm-up & 5 minutes brisk walk 25 minutes effort and 5 minutes of walking 5 minutes static stretching **50 minutes total**
8	5 minutes welcome & review of day's workout plan 5 minutes dynamic warm-up & 5 minutes brisk walk 15 minutes effort and 2 minutes recovery Repeat sequence 5 minutes static stretching **54 minutes total**	5 minutes welcome & review of day's workout plan 5 minutes dynamic warm-up & 5 minutes brisk walk 30 minutes effort and 5 minutes of walking 5 minutes static stretching **55 minutes total**
9	5 minutes welcome & review of day's workout plan 5 minutes dynamic warm-up & 5 minutes brisk walk 30 minutes effort and 5 minutes of walking 5 minutes static stretching **55 minutes total**	5 minutes welcome & review of day's workout plan 5 minutes dynamic warm-up & 5 minutes brisk walk 35 minutes effort and 5 minutes of walking 5 minutes static stretching **60 minutes total**
10	5 minutes welcome & review of day's workout plan 5 minutes dynamic warm-up & 5 minutes brisk walk 30 minutes effort and 5 minutes of walking 5 minutes static stretching **55 minutes total**	**5K Event Day!**

Full Rise to 5K instructions including tips for proper nutrition, running form, hydration, and sleep at risevt.org/rise-to-5k-statewide

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