

## Training Plan Key

### WALK/RUN (W/R)

This is a mix between walking and/or running. To complete the desired time or distance you can also incorporate intervals of walking for 2-minutes, then running for 2-minutes

### RUN

Exert about 50–60 percent effort, the pace for most jogging/running should feel comfortable and you should be able to talk without getting too winded; when in doubt, slow down

### EASY PACE

Walk/run the time or distance at a natural, comfortable pace

### MODERATE PACE

Brisk walk/run—enough of an effort to break a sweat, without becoming winded

### VIGOROUS PACE

Walk/run—enough to break a heavy sweat and experience heavy breathing

### CROSS-TRAIN (XT)

XT is a low-impact activity such as biking, yoga, strength training class, swimming or cardio machine, aim for 20–30 minutes at an easy effort

### REST

Take rest days to prevent injuries and help your body recover



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## Tabitha 1-Mile | 5K | 10-Mile Training Plans



## READY, SET, TRAIN

The plans were designed for runners of all levels with training flexibility in mind. Plans consist of 3-4 days of running/walking per week plus optional cross-training (XT) or rest. Some running/walking training days are measured in minutes with Saturdays listed in miles. This gradual progression of true miles on Saturdays will ensure you cover the distance needed in preparation for race day.

### Tips To Get Ready

#### ASK YOUR DOCTOR

Consult with your physician before starting a training program.

#### CHOOSE YOUR SHOES

Walk/run in shoes that provide adequate support and cushioning.

#### FIND A BUDDY

Once or twice a week try to schedule a time to meet up with someone. Doing this provides a social aspect to training and will keep things fun.

#### LET PEOPLE KNOW

When friends, family and co-workers are aware that you're training for a walk or run, it can help to hold you accountable, and don't forget to share the Tabitha Miles for Meals Run on social media.

#### STAY CONSISTENT

If you miss a walk/run day (or two), just pick up where you left off. If you are unable to complete the time/mile(s), don't sweat it; just do what you can. It's always better to do something versus nothing.

# TRAINING PLANS

## 1-Mile

WEEK	MON.	TUE.	WED.	THU.	FRI.	SAT.	SUN.
1	XT or Rest	W/R 5-10 min.	XT or Rest	W/R 5-10 min.	XT or Easy W/R	0.5 mile	Rest
2	XT or Rest	W/R 5-10 min.	XT or Rest	W/R 5-10 min.	XT or Easy W/R	1 mile	Rest
3	XT or Rest	W/R 10-15 min.	XT or Rest	W/R 10-15 min.	XT or Easy W/R	1 mile	Rest
4	XT or Rest	W/R 10-15 min.	XT or Rest	W/R 10-15 min.	XT or Easy W/R	1.5 miles	Rest
5	XT or Rest	W/R 15-20 min.	XT or Rest	W/R 15-20 min.	XT or Easy W/R	2 miles	Rest
6	XT or Rest	W/R 15-20 min.	XT or Rest	W/R 15-20 min.	XT or Easy W/R	1.5 miles	Rest
7	Rest	W/R 10-15 min.	Rest	W/R 10-15 min.	XT or Easy W/R	1 mile	Rest
8	Rest	W/R 5-10 min.	Rest	W/R 5-10 min.	XT or Easy W/R	Tabitha 1-Mile	Rest

Always warm up for 5-10 minutes before a workout and perform stretches after. If you're looking to improve your speed, endurance and strength increase the pace and intensity on your Tuesday/Thursday runs by adding 1-3 minute on/off speed intervals or plan a running route that has hills.

## 5K

WEEK	MON.	TUE.	WED.	THU.	FRI.	SAT.	SUN.
1	XT or Rest	W/R 10-15 min.	XT or Rest	W/R 5-10 min.	XT or Easy W/R	1 mile	Rest
2	XT or Rest	W/R 10-15 min.	XT or Rest	W/R 5-10 min.	XT or Easy W/R	1.5 miles	Rest
3	XT or Rest	W/R 15 min.	XT or Rest	W/R 5-10 min.	XT or Easy W/R	2 miles	Rest
4	XT or Rest	W/R 25-30 min.	XT or Rest	W/R 5-10 min.	XT or Easy W/R	2.5 miles	Rest
5	XT or Rest	W/R 25-30 min.	XT or Rest	W/R 5-10 min.	XT or Easy W/R	2.5 miles	Rest
6	XT or Rest	W/R 30-40 min.	XT or Rest	W/R 5-10 min.	XT or Easy W/R	3 miles	Rest
7	XT or Rest	W/R 30-40 min.	XT or Rest	W/R 10-15 min.	XT or Easy W/R	3 miles	Rest
8	XT or Rest	W/R 30 min.	XT or Rest	W/R 10-15 min.	XT or Easy W/R	3.5 miles	Rest
9	XT or Rest	W/R 30 min.	XT or Rest	W/R 15-20 min.	XT or Easy W/R	3.5 miles	Rest
10	XT or Rest	W/R 30 min.	XT or Rest	W/R 15-20 min.	XT or Easy W/R	4 miles	Rest
11	Rest	W/R 20-25 min.	Rest	W/R 10-15 min.	Easy W/R	3 miles	Rest
12	Rest	W/R 15-20 min.	Rest	W/R 5-10 min.	Easy W/R	Tabitha 5K	Rest

## 10-Mile

WEEK	MON.	TUE.	WED.	THU.	FRI.	SAT.	SUN.
1	XT or Rest	W/R 30-40 min.	XT or Rest	W/R 30-40 min.	XT or Easy W/R	4 miles	Rest
2	XT or Rest	W/R 40-50 min.	XT or Rest	W/R 40-50 min.	XT or Easy W/R	5 miles	Rest
3	XT or Rest	W/R 40-50 min.	XT or Rest	W/R 40-50 min.	XT or Easy W/R	6 miles	Rest
4	XT or Rest	W/R 50-60 min.	XT or Rest	W/R 50-60 min.	XT or Easy W/R	7 miles	Rest
5	XT or Rest	W/R 50-60 min.	XT or Rest	W/R 50-60 min.	XT or Easy W/R	8 miles	Rest
6	XT or Rest	W/R 60-70 min.	XT or Rest	W/R 60-70 min.	XT or Easy W/R	9 miles	Rest
7	XT or Rest	W/R 60-70 min.	XT or Rest	W/R 60-70 min.	XT or Easy W/R	10 miles	Rest
8	XT or Rest	W/R 60-90 min.	XT or Rest	W/R 60-90 min.	XT or Easy W/R	11 miles	Rest
9	XT or Rest	W/R 60-90 min.	XT or Rest	W/R 60-90 min.	XT or Easy W/R	10 miles	Rest
10	XT or Rest	W/R 60-90 min.	XT or Rest	W/R 60-90 min.	XT or Easy W/R	9 miles	Rest
11	Rest	W/R 40-50 min.	Rest	W/R 40-50 min.	Easy W/R	8 miles	Rest
12	Rest	W/R 30-40 min.	Rest	W/R 30-40 min.	Easy W/R	Tabitha 10-Mile	Rest