



Week	Workout Description
1	Brisk five-minute warm up walk. Then alternate 60 seconds of jogging and 90 seconds of walking for a total of 20 minutes.
2	Brisk five-minute warm up walk. Then alternate 90 seconds of jogging and two minutes of walking for a total of 20 minutes.
3	<p>Brisk five-minute warm up walk, then do two repetitions of the following:</p> <p style="text-align: center;"> Jog 200 yards (or 90 seconds) Walk 200 yards (or 90 seconds) Jog 400 yards (or 3 minutes) Walk 400 yards (or three minutes) </p>
4	<p>Brisk five-minute warm up walk, then:</p> <p style="text-align: center;"> Jog 1/4 mile (or 3 minutes) Walk 1/8 mile (or 90 seconds) Jog 1/2 mile (or 5 minutes) Walk 1/4 mile (or 2-1/2 minutes) Jog 1/4 mile (or 3 minutes) Walk 1/8 mile (or 90 seconds) Jog 1/2 mile (or 5 minutes) </p>
5	<p>Brisk five-minute warm up walk, then:</p> <p style="text-align: center;"> Jog 1/2 mile (or 5 minutes) Walk 1/4 mile (or 3 minutes) Jog 1/2 mile (or 5 minutes) Walk 1/4 mile (or 3 minutes) Jog 1/2 mile (or 5 minutes) </p>
6	<p>Brisk five-minute warm up walk, then:</p> <p style="text-align: center;"> Jog 1/2 mile (or 5 minutes) Walk 1/4 mile (or 3 minutes) Jog 3/4 mile (or 8 minutes) Walk 1/4 mile (or 3 minutes) Jog 1/2 mile (or 5 minutes) </p>

7	Brisk five-minute warm up walk, then jog 2.5 miles (or 25 minutes).
8	Brisk five-minute warm up walk, then jog 2.75 miles (or 28 minutes).
9	Brisk five-minute warm up walk, then jog 3 miles (or 30 minutes).
10	Brisk five-minute warm up walk, then jog 3 miles (or 30 minutes).
5k	May 2, 2015 Campus Classic 5K and Fun Run

Weekly Routine

- Try to run the same routine 2 to 3 times each week.
- If you reach the point of being completely out of breath you want to slow down or walk until you can speak comfortably again.
- When you are completely out of breath you are no longer aerobic and are not benefiting from your workout.
- Although advanced runners will use sprints/intervals and get out of breath as part of their training this is not beneficial for runners following this program.

Questions

Jeffrey Bickford

jbickford@necc.mass.edu

(978) 476 – 9720