



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 event. This plan **begins on February 9, 2020** and finishes with the **Shamrock Shuffle 5k on March 14.**

**Do not start this program without your doctor's approval! A few tips:**

**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. Pain that is occurring on one side of the body but not the other is a red flag (e.g., a sharp pain in your left ankle, but not your right).

**Be sure to stretch your muscles after you walk or run.**

Stretching helps your muscles recover from exercise, and helps to prevent soreness. You may also include some flexibility or strength training on some of the days that you are not walking or jogging. Try the suggested bodyweight strength program below!

**If you can't run, walk!**

Every step forward gets you closer to the finish line, and the Shamrock Shuffle is not a competitive event. Start by walking, and gradually add in short intervals of jogging, including periods of walking to recover before jogging again. Remember, we're all there to have fun!

**Drink plenty of water before, during,  
and after each workout.**

Hydration is extremely important for everyone, especially those who are exercising. Fluid helps to regulate body temperature and blood pressure, and aids in the distribution of essential energy nutrients.

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Week 1</b> <i>Feb. 9-15</i>	Rest	15-20 minutes walking /jogging	Rest or Strength training	15-20 minutes walking /jogging	Rest or Strength training	Rest or Strength training	20 minutes walking /jogging
<b>Week 2</b> <i>Feb 16-22</i>	Rest	20-25 minutes walking /jogging	Rest or Strength training	25-30 minutes walking /jogging	Rest or Strength training	Rest or Strength training	30 minutes walking /jogging
<b>Week 3</b> <i>Feb 23-29</i>	Rest	30-35 minutes walking /jogging	Rest or Strength training	35-40 minutes walking /jogging	Rest or Strength training	Rest or Strength training	40 minutes walking /jogging
<b>Week 4</b> <i>March 1-7</i>	Rest	40-45 minutes walking /jogging	Rest or Strength training	45-50 minutes walking /jogging	Rest or Strength training	Rest or Strength training	50 minutes walking /jogging
<b>Week 5</b> <i>March 8-14</i>	Rest	50-55 minutes walking /jogging	Rest or Strength training	55-60 minutes walking /jogging	Rest or Strength training	Rest or Strength training	60 minutes walking /jogging

**Suggested bodyweight strength training program to complement your 5k training program:**

2-3 sets of 8-10 repetitions

Bodyweight squats or stability ball wall squats \* Hip bridges \* Calf raises \* Supine dead bugs