



# Join us on the road to fitness!

HAP 5K Challenge Official Training Guide

## How a few steps... lead to a 5K!

This program is designed to prepare you to complete a 5K race in about nine weeks. Use this calendar to get on track for success.

Each session should take about 30 minutes, three days per week. The training plan for each week is indicated on the calendar, but you do not have to run on the exact days indicated. Simply do what works best for your schedule. The important thing is to put your time in three days a week.

Good luck. Have fun. And congratulations on taking the HAP 5K Challenge!

Visit [hap.org/5Kchallenge](http://hap.org/5Kchallenge) for a link to videos and other information.

### IMPORTANT

- Go to [hap.org/5Kchallenge](http://hap.org/5Kchallenge) to see videos and tips about getting started
- Start each session with a five-minute warmup walk or jog to get your joints and muscles loose
- Consult your doctor before beginning this or any exercise program



**It's all part of HAP's commitment  
to building a healthier community... and a healthier you!**  
See reverse side for training schedule.



# 5K Challenge Training Schedule

Remember: Do a five-minute warmup before each workout and a five-minute cooldown after.

Week	Monday	Wednesday	Friday
<b>1</b>	1 minute jogging 1.5 minutes walking Repeat 8 times for a total of 20 minutes	1 minute jogging 1.5 minutes walking Repeat 8 times for a total of 20 minutes	1 minute jogging 1.5 minutes walking Repeat 8 times for a total of 20 minutes
<b>2</b>	1.5 minutes jogging 2 minutes walking Repeat 6 times for a total of 21 minutes	1.5 minutes jogging 2 minutes walking Repeat 6 times for a total of 21 minutes	1.5 minutes jogging 2 minutes walking Repeat 6 times for a total of 21 minutes
<b>3</b>	1.5 minutes jogging 1.5 minutes walking 3 minutes jogging 3 minutes walking Repeat 2 times for a total of 18 minutes	1.5 minutes jogging 1.5 minutes walking 3 minutes jogging 3 minutes walking Repeat 2 times for a total of 18 minutes	1.5 minutes jogging 1.5 minutes walking 3 minutes jogging 3 minutes walking Repeat 2 times for a total of 18 minutes
<b>4</b>	3 minutes jogging 1.5 minutes walking 5 minutes jogging 2.5 minutes walking 3 minutes jogging 1.5 minutes walking 5 minutes jogging For a total of 21.5 minutes	3 minutes jogging 1.5 minutes walking 5 minutes jogging 2.5 minutes walking 3 minutes jogging 1.5 minutes walking 5 minutes jogging For a total of 21.5 minutes	3 minutes jogging 1.5 minutes walking 5 minutes jogging 2.5 minutes walking 3 minutes jogging 1.5 minutes walking 5 minutes jogging For a total of 21.5 minutes
<b>5</b>	5 minutes jogging 3 minutes walking Repeat 3 times for a total of 24 minutes	8 minutes jogging 5 minutes walking 8 minutes jogging For a total of 21 minutes	Jog 2 miles, or 20 minutes, with no walking
<b>6</b>	5 minutes jogging 3 minutes walking 8 minutes jogging 3 minutes walking 5 minutes jogging For a total of 24 minutes	Jog 1 mile, or 10 minutes Walk 0.25 mile, or 3 minutes Jog 1 mile, or 10 minutes	Jog 2.25 miles, or 22 minutes, with no walking
<b>7</b>	Jog 2.5 miles, or 25 minutes, with no walking	Jog 2.5 miles, or 25 minutes, with no walking	Jog 2.5 miles, or 25 minutes, with no walking
<b>8</b>	Jog 2.75 miles, or 28 minutes, with no walking	Jog 2.75 miles, or 28 minutes, with no walking	Jog 2.75 miles, or 28 minutes, with no walking
<b>9</b>	Jog 3 miles, or 30 minutes, with no walking	Jog 3 miles, or 30 minutes, with no walking	Jog 3 miles, or 30 minutes, with no walking