



sole **SISTERS**
WOMEN'S RACE SERIES

Sole Sisters Women's 5K

BEGINNER TRAINING GUIDE

Start Date: April 1st

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	5min walk 2min run 5min walk	OFF	5min walk 2min run 5min walk	OFF	5min walk 3min run 5min walk	OFF	5min walk 3min run 5min walk
2	5min walk 3min run 5min walk	OFF	5min walk 4min run 5min walk	OFF	5min walk 5min run 5min walk	OFF	5min walk 5min run 5min walk
3	5min walk 6min run 5min walk	OFF	5min walk 6min run 5min walk	OFF	5min walk 7min run 5min walk	OFF	5min walk 7min run 5min walk
4	5min walk 7min run 5min walk	Relax	5min walk 8min run 5min walk	Relax	5min walk 9min run 5min walk	Relax	5min walk 9min run 5min walk
5	5min walk 9min run 5min walk	Relax	5min run 5min walk 5min run 5min walk	Relax	10min run 5min walk	Relax	5min walk 10min run 5min walk
6	5min walk 11min run 5min walk	Relax	6min run 5min walk 6min run 5min walk	Relax	10min run 5min walk	Relax	7min run 5min walk 7min run
7	15min run 5min walk	Relax	7min run 5min walk 7min run 5min walk	Relax	15min run 5min walk	Relax	10min run 2min walk 5min run
8	17min run 5min walk	Relax	20min run 5min walk	Relax	12min run 5min walk 12min run	Relax	12min run 5min walk 12min run
9	25min run 5min walk	Relax	27min run	Relax	30min run	Relax	RACE DAY

** This training plan is only a guide, not your training bible. You will need to modify it as life happens (and work, kids, sickness, things will get in the way). It's been our experience that consistency is the greatest tool for improvement so if you don't have time to do what the schedule suggests then don't throw in the towel. Do something, yes, even if you only have 10 minutes to spare. Do not try to make up for missed workouts, just pick up the schedule where you are when you return to training. And do not ever worry about your pace. Remember you are lapping every woman that is sitting on the couch.