

# RUNNER'S WORLD

## TRAINING PLAN

### 5K · Beginners

This plan is geared for someone who has been exercising regularly - at least four times a week - for at least two months, averaging at least nine miles a week with a long run of three miles. Before you start this plan, you should be able to run 30 minutes without stopping. Unless otherwise noted, all runs should be done at an easy pace.

| WEEK | MONDAY                   | TUESDAY                   | WEDNESDAY                     | THURSDAY                  | FRIDAY         | SATURDAY                 | SUNDAY                        |
|------|--------------------------|---------------------------|-------------------------------|---------------------------|----------------|--------------------------|-------------------------------|
| 1    | Day 1<br>1.5 Miles Easy  | Day 2<br>2 Miles Easy     | Day 3<br>Rest or Cross-Train  | Day 4<br>2 Miles Easy     | Day 5<br>Rest  | Day 6<br>3 Miles Easy    | Day 7<br>Rest or Cross-Train  |
| 2    | Day 8<br>1.5 Miles Easy  | Day 9<br>2.5 Miles Easy   | Day 10<br>Rest or Cross-Train | Day 11<br>2.5 Miles Easy  | Day 12<br>Rest | Day 13<br>3.5 Miles Easy | Day 14<br>Rest or Cross-Train |
| 3    | Day 15<br>1.5 Miles Easy | Day 16<br>2.5 Miles Hills | Day 17<br>Rest or Cross-Train | Day 18<br>2.5 Miles Easy  | Day 19<br>Rest | Day 20<br>3.5 Miles Easy | Day 21<br>Rest or Cross-Train |
| 4    | Day 22<br>1.5 Miles Easy | Day 23<br>2.5 Miles Hills | Day 24<br>Rest or Cross-Train | Day 25<br>3 Miles Fartlek | Day 26<br>Rest | Day 27<br>4 Miles Easy   | Day 28<br>Rest or Cross-Train |
| 5    | Day 29<br>2 Miles Easy   | Day 30<br>3 Miles Hills   | Day 31<br>Rest or Cross-Train | Day 32<br>Fartlek 3 Miles | Day 33<br>Rest | Day 34<br>4 Miles Easy   | Day 35<br>Rest or Cross-Train |
| 6    | Day 36<br>2 Miles Easy   | Day 37<br>3 Miles Hills   | Day 38<br>Rest or Cross-Train | Day 39<br>3 Miles Fartlek | Day 40<br>Rest | Day 41<br>4.5 Miles Easy | Day 42<br>Rest or Cross-Train |
| 7    | Day 43<br>2 Miles Easy   | Day 44<br>3 Miles Hills   | Day 45<br>Rest or Cross-Train | Day 46<br>Fartlek 3 Miles | Day 47<br>Rest | Day 48<br>4.5 Miles Easy | Day 49<br>Rest or Cross-Train |

| WEEK | MONDAY                 | TUESDAY                   | WEDNESDAY      | THURSDAY               | FRIDAY         | SATURDAY       | SUNDAY             |
|------|------------------------|---------------------------|----------------|------------------------|----------------|----------------|--------------------|
| 8    | Day 50<br>2 Miles Easy | Day 51<br>Fartlek 3 Miles | Day 52<br>Rest | Day 53<br>2 Miles Easy | Day 54<br>Rest | Day 55<br>Rest | Day 56<br>Race Day |

## WEEK 1

### Day 1, Monday · 1.5 Miles Easy

Welcome to week one of the Beginners 5K plan.

As you train, check out the online community at [runnersworld.com/forums](http://runnersworld.com/forums), where you'll find tips on training, nutrition, and injury prevention, and you can connect with other runners and the editors of Runner's World.

Each week, you'll have three short weekday runs and a longer run on the weekend. You'll have one day reserved for rest, and two days that you can use for cross-training or rest, depending on how you feel.

Today, run 5 miles at an easy pace. Focus on getting into a rhythm that feels comfortable enough to hold a conversation. If you're huffing and puffing, you're going too fast. By doing most of your runs at this easy pace, you'll build strong legs and lungs without getting injured.

### Day 2, Tuesday · 2 Miles Easy

Today, run 2 miles at an easy pace.

In these first few weeks of training, focus on blending your training into the rhythm of your daily life. Map out some safe, well-lit, traffic-free routes that you can take in a variety of weather conditions. Figure out which times of day are most convenient for you to run.

### Day 3, Wednesday · Rest or Cross-Train

Cross-training—with cycling, swimming, yoga, exercise class, the elliptical trainer, or the rowing machine—can play an important role in your overall fitness routine. It gives the muscles you use in walking and running a chance to recover while strengthening other parts of your body, boosting all-around fitness and preventing injuries. Plus, it helps prevent burnout to keep you running nonstop, injury-free. It can take a while to develop the strength and the know-how on any given machine to get a good workout. So make it a regular part of your routine from the beginning. If you wait until you're forced to cross-train because of poor weather or injury, you might not get a good workout.

### Day 4, Thursday · 2 Miles Easy

Run 2 miles at your easy pace today. Many people make the mistake of going out too fast and running out of energy—or getting hurt—before they go the distance for the day. To avoid that, try to get into the habit of starting slowly with the idea that you'll finish feeling strong and energetic enough to go longer.

### Day 5, Friday · Rest

It may be tempting to run on rest days, but it's best not to. Give your body a chance to recover from the miles you've logged, and get energized for tomorrow's long run.

## Day 6, Saturday · 3 Miles Easy

Your first long run is 3 miles today.

Weekends are reserved for your longer runs. On these days you'll focus on running farther and building the endurance you need to finish your race feeling strong. Whenever you're pushing your body farther than it's gone before, it's extra important that you start at a pace that feels conservative, so that you have the energy to finish feeling good.

## Day 7, Sunday · Rest or Cross-Train

Cross-train today at an easy effort or take a day of complete rest. Try different kinds of cross-training activities until you find the one that works best for you. Once you find it, stick with it. Once you become more comfortable doing it, you can boost your heart rate and get a good sweat going. Sticking with one activity also makes it easier for you to track your progress and more fairly compare one workout to the next.

## WEEK 2

## Day 8, Monday · 1.5 Miles Easy

Welcome to week 2 of training. This week will follow the same pattern as last week, with three short weekday runs and a longer run on the weekend. You'll build on the foundation you laid down last week, and you'll add a half mile to two of your runs. Again, you'll have two days for optional cross-training and one day reserved for rest. At the end of this week, you will have covered 10 miles.

Today, run 1.5 miles at your easy pace.

## Day 9, Tuesday · 2.5 Miles Easy

Run 2.5 miles at your easy, conversational pace.

As your training gets under way, invest in shirts, shorts, underwear, jog bras, and socks that are made of technical, lightweight fabrics that wick away moisture. These fabrics, which go by names like Dri-Fit and CoolMax, help prevent blisters and chafing.

## Day 10, Wednesday · Rest or Cross-Train

Though many people cross-train to prevent injuries, it is possible to hurt yourself in the process. If you're injured, ask your doctor which activities are safe before you hit the gym. And before you try any machine for the first time, ask someone who works at the gym to show you how to use it, and to watch you and help you maintain proper form.

## Day 11, Thursday · 2.5 Miles Easy

Run 2.5 miles easy today.

Don't let boredom derail your training. Map out a new route or find a scenic trail so you feel refreshed. You can find a new route, or map your own, by going to our routefinder at [runnersworld.com/routes](http://runnersworld.com/routes).

## Day 12, Friday · Rest

You don't have to get an entirely new wardrobe when you start training. But a few essentials can help make each run more enjoyable, in any weather conditions. To prevent the red, raw, rashes of chafing, get apparel made of technical materials that wick away moisture. And if you have new aches and pains, it may be time to replace your shoes. Worn-out and ill-fitting shoes are often the cause of injury. Be sure to go to a specialty running shop to get a pair that offers the fit and support that your feet need. It may feel like a big investment of time and money, but it will pay off in the form of many happy, healthy, injury-free miles.

### **Day 13, Saturday · 3.5 Miles Easy**

Today your long run will inch up to 3.5 miles. Remember to start slowly, with the idea that you'll finish feeling strong. This run will boost your fitness as well as your confidence; after you cover 3.5 miles today, you can feel assured that you'll be able to go the 3.1-mile distance on race day.

### **Day 14, Sunday · Rest or Cross-Train**

Even when you're cross-training, it's best to get into the habit of exercising at the same time each day. If it's built into your schedule, you're less likely to skip a workout. And if it becomes a regular part of your routine, you're likely to keep up the healthy habit for the long term.

## **WEEK 3**

### **Day 15, Monday · 1.5 Miles Easy**

Welcome to week 3 of training. This week your daily and weekly mileage will remain the same. But on Tuesday you'll do your first hill workout. Hills build leg and lung strength, and help you develop the foundation you need to run fast later on. You won't feel fast going up hills, but you'll feel strong. Hills should be treated as a hard workout. Be sure to give yourself plenty of time to recover afterward.

Today, run 1.5 miles at your easy pace.

### **Day 16, Tuesday · 2.5 Miles Hills**

Run 2.5 miles today and try to incorporate as many hills as you can. Don't worry too much about the length or grade of the hills. Just get a variety of inclines and descents. Hills help you boost your leg and lung power. Run the hills with a steady level of effort. On the way up, focus on trying to maintain the same level of effort—the same rate of breathing and rate of leg turnover—as you do on level ground. On the downhills, think “light, quick steps.” Don't let your feet slap the pavement, and don't brake with your legs.

### **Day 17, Wednesday · Rest or Cross-Train**

Even if you typically cross-train on Wednesdays, you might want to rest today to recover from yesterday's hill workout. Don't be surprised if you feel a little muscle soreness, especially in your quads and calves, over the next day or two. That's a very normal reaction that goes along with pushing your body harder than it's gone before.

### **Day 18, Thursday · 2.5 Miles Easy**

Run 2.5 miles easy today at your comfortable, conversational pace.

Make sure that you're hydrated, as dehydration can lead to fatigue and cause your performance to suffer. Try to drink throughout the day, not just right before you head out. If you chug a lot of fluid right before your run, you could end up with an upset stomach.

How much fluid should you consume each day? A good rule of thumb to follow: Drink half your body weight in ounces. So if you weigh 150 pounds, try to drink 75 ounces of fluids throughout the day. If you're well hydrated, your urine will be a pale yellow color. If it's darker, that's a sign that you might be dehydrated. If it's clear, you may be drinking too much.

### **Day 19, Friday · Rest**

Shin splints are common among beginners and seasoned runners alike, and that soreness and pain along the shinbone tends to come on after ramping up mileage or intensity too much without enough rest. Running on uneven road surfaces or wearing worn-out shoes can also bring them on. If you feel shin splints coming on, take it easy and check your log. You may need to back off a bit.

## Day 20, Saturday · 3.5 Miles Easy

Run 3.5 miles today at your easy effort.

For any run of 60 minutes or less, it's fine to go on empty. But for any run that's longer, it's best to fuel up before you go. This will help you stay energized throughout the run. To prevent GI issues from derailing your workout, focus on consuming high-carb foods 24 hours before big workouts, and avoid high-fiber, high-fat meals. Before your run, you might try oatmeal, a banana, pretzels, or cold cereal. Try different foods to figure out which ones give you a boost without upsetting your stomach.

## Day 21, Sunday · Rest or Cross-Train

Pace and heart rate don't really translate from running to gym machines. So it's best to do any given activity—cycling, swimming, elliptical or rowing machine—for the same amount of time that you'd spend running at the same level of effort. So if you'd normally run or walk for 30 minutes at an easy effort, substitute 30 minutes on the elliptical at an easy effort.

## WEEK 4

## Day 22, Monday · 1.5 Miles Easy

Welcome to week 4 of training. This week you'll add a loosely structured speed workout called "fartlek" to your training.

Speed play, or "fartlek" in Swedish (the concept originated in Sweden), is a speedwork format in which you run faster for however long (or short) you want. You can do this workout on a track, a treadmill, or a flat stretch of road.

Today, run 1.5 miles at a comfortable pace that feels easy enough to hold a conversation.

## Day 23, Tuesday · 2.5 Miles Hills

Today you'll repeat the same hill workout you did last week. Run 2.5 miles and try to incorporate as many hills as you can. Don't worry too much about the length or grade of the hills. Just get a variety of inclines and descents. Hills help you boost your leg and lung power. Run the hills with a steady level of effort. On the way up, focus on trying to maintain the same level of effort—the same rate of breathing and rate of leg turnover—as you do on level ground. On the downhill, think "light, quick steps." Don't let your feet slap the pavement, and don't brake with your legs.

## Day 24, Wednesday · Rest or Cross-Train

It's a good idea to rest today to recover from yesterday's hilly run and save your energy for tomorrow's speed workout. Use the time to plan where you'll run. Tracks are ideal because they're flat and traffic-free, and the distance is measured. Many schools open their tracks to the public when they're not in use. One lap around the track is 400 meters, or one-quarter of a mile.

## Day 25, Thursday · 3 Miles Fartlek

This is a free-form speed workout. It includes:

half-mile warmup

2 miles fartlek (alternating between 1 minute fast and 3 minutes easy)

half-mile cooldown

Warm up with a half mile of easy running, or 2 laps around the track. Then alternate between 1 minute of running at a faster pace, and recovering with 3 minutes of easy running. Repeat this cycle as many times as you need to until you cover 2 miles. Cool down with a half mile of easy running. After each 1-minute bout of hard running, you want to recover fully before you start the next hard effort. At the end of the workout, you should feel invigorated, not demolished.

### **Day 26, Friday · Rest**

Rest today to recover from yesterday's hard workout. Icing an injury or a sore area can reduce inflammation and speed recovery. To maximize the benefits, ice for 10 to 20 minutes at a time, five times a day. This keeps tissue temperature low to minimize inflammation.

### **Day 27, Saturday · 4 Miles Easy**

Today you'll bump up your long run to 4 miles. It may sound intimidating, but it's just a half mile more than you did last week.

If at all possible, do some of your training on the racecourse. Previewing the hills, turns, and narrow spaces will help you feel more confident and relaxed going into your big goal event. If you're not able to run on the course, look at the course map and elevation chart, which the race should have posted on the event website. Try to do some runs that simulate the same pattern of elevation change that you'll face in the race.

### **Day 28, Sunday · Rest or Cross-Train**

Rest today to recover from yesterday's long run.

After you get into a routine of regular exercise, it may feel more odd to rest than to run. You may worry that you're losing fitness, but you're not. It takes at least two weeks before you start losing any of the gains you've made. It's during rest that the body adapts to the stresses of training and gets stronger. If you feel antsy on rest days, schedule another activity, like a date with a friend or some weekly errands, that you can do instead of your regular workout.

## **WEEK 5**

### **Day 29, Monday · 2 Miles Easy**

Welcome to week 5 of training. Your workouts will follow the same pattern as last week, with a short run, a hill workout, a fartlek workout, a day of rest, and two days of optional cross-training, and a four-mile long run.

Today, extend the distance of your run to 2 miles.

### **Day 30, Tuesday · 3 Miles Hills**

Run 3 miles on the hilliest course you can find.

Running hills develops efficiency, endurance, and power. Ascending an incline uses more muscle fibers than running on level terrain, and climbing longer hills makes the body recruit muscles when they're fatigued, which helps develop your finishing speed. If you have no hills nearby, run on highway overpasses, bridges, or in parking structures. As you approach an incline, shorten your stride while maintaining the same cadence. Small, quick steps will help reduce the effort.

### **Day 31, Wednesday · Rest or Cross-Train**

Rest today to recover from yesterday's hill workout and save your energy for the speedwork you'll do tomorrow. To fend off stiffness, you might want to walk for 15 to 20 minutes.

### **Day 32, Thursday · Fartlek 3 Miles**

This week's speed workout will follow the same pattern as last week.

half-mile warmup

2 miles fartlek (alternating between 1 minute fast and 3 minutes easy)

half-mile cooldown

Warm up with a half mile of easy running, or 2 laps around the track. Then alternate between 1 minute of running at a faster pace, and recovering with 3 minutes of easy running. Repeat this cycle as many times as you need to until you cover 2 miles. Cool down with a half mile of easy running. After each 1-minute bout of hard running, you want to recover fully before you start the next hard effort. At the end of the workout, you should feel invigorated, not demolished.

### **Day 33, Friday · Rest**

Rest today to recover from yesterday's speed session.

### **Day 34, Saturday · 4 Miles Easy**

Today, run 4 miles at an easy pace.

Since this is your long run, remember to maintain a pace that feels easy to sustain over the distance. If it's windy outside, don't fret. Pushing against strong winds requires you to pump your arms more vigorously to maintain your forward momentum and exert more force with each push-off, which will help strengthen your upper body, quadriceps, and hip flexors. Over time the energy required by all those muscles in keeping you upright will strengthen your heart and lungs.

### **Day 35, Sunday · Rest or Cross-Train**

This may sound obvious, but if you don't enjoy a particular activity, you're not going to do it. Working out may involve discomfort, but it shouldn't feel like torture. So find the activity that you enjoy and find a way to enjoy it. It's okay to listen to music or books while you work out, or even watch TV. And don't be shy about scheduling your workout so you can catch up on episodes of your favorite shows.

## **WEEK 6**

### **Day 36, Monday · 2 Miles Easy**

Welcome to week 6 of training. This week will follow the same pattern as last week, but you'll add a half mile to your long run.

Today, run 2 miles at your easy pace, comfortable enough to hold a conversation.

### **Day 37, Tuesday · 3 Miles Hills**

Run 3 miles today on the hilliest course you can find. At this point you don't have to worry too much about running form. But it's a good idea to periodically scan your body to release areas of tension. Keep your gaze straight ahead on the horizon. Be sure to keep your fists loose, unclench your jaw, and pull your shoulders away from your ears. As you're running uphill, push your feet up and off the ground, and think of the road rising to meet you.

### **Day 38, Wednesday · Rest or Cross-Train**

Let this training schedule be your guide but never your prison guard. Avoid training hard on a day when you're fatigued or feeling the soreness of an injury about to happen. If you feel overly sluggish or notice twinges, aches, or pains, ease up. If you have speedwork planned, run easy instead or take a day off altogether. You will not lose fitness over a day, or even a few days, of rest.

### **Day 39, Thursday · 3 Miles Fartlek**

This week's speed workout will follow the same pattern as last week. Again, you can do this workout on a track or any flat, traffic-free stretch of road.

half-mile warmup

2 miles fartlek (alternating between 1 minute fast and 3 minutes easy)

half-mile cooldown

Warm up with a half mile of easy running, or 2 laps around the track. Then alternate between 1 minute of running at a faster pace, and recovering with 3 minutes of easy running. Repeat this cycle as many times as you need to until you cover 2 miles. Cool down with a half mile of easy running. After each 1-minute bout of hard running, you want to recover fully before you start the next hard effort. At the end of the workout, you should feel invigorated, not demolished.

### **Day 40, Friday · Rest**

Rest today to recover from yesterday's speed session. You'll be pushing yourself farther tomorrow, so you'll want to save your energy for the effort.

### **Day 41, Saturday · 4.5 Miles Easy**

Today your long run will stretch to 4.5 miles. Be sure to start slowly, with the idea of finishing strong.

### **Day 42, Sunday · Rest or Cross-Train**

Have a black toenail? It's caused by pooling of blood under the nail, which is caused by the toe rubbing or hitting the top of your shoe. It's best to leave it alone; the black nail will grow out in a few weeks or months. If it hurts, see a doctor.

## **WEEK 7**

### **Day 43, Monday · 2 Miles Easy**

Welcome to week 7 of training. This week you'll repeat the same pattern as last week, with a hill workout, a fartlek workout, and a long run of 4.5 miles. You'll run easy for 2 miles today, and have two days of optional cross-training, and one day of rest. Next week is race week, so you want to focus on maintaining all the fitness you've built, and staying injury-free for the race.

### **Day 44, Tuesday · 3 Miles Hills**

Don't underestimate the impact that the stress of work, deadlines, chores, bills, kids, and lack of sleep can have on your runs. All those factors can impact your ability to recover properly. If you don't take time for proper R & R, your body won't adapt to the stress of training, and you won't get stronger or faster. Be sure to take the rest days that are on the schedule, and don't hesitate to add rest days if you're feeling sore, worn-out, or injured.

### **Day 45, Wednesday · Rest or Cross-Train**

Be sure to watch out for cars, and don't expect drivers to watch out for you. Always run facing traffic, so you can see cars approaching. When crossing an intersection, make sure you establish eye contact with the driver before proceeding. If it's dark out, wear reflective clothing.

### **Day 46, Thursday · Fartlek 3 Miles**

This week's speed workout will follow the same pattern as last week. Again, you can do this workout on a track or any flat, traffic-free stretch of road.

half-mile warmup

2 miles fartlek (alternating between 1 minute fast and 3 minutes easy)

half-mile cooldown

Warm up with a half mile of easy running, or 2 laps around the track. Then alternate between 1 minute of running at a faster pace, and recovering with 3 minutes of easy running. Repeat this cycle as many times as you need to until you cover 2 miles. Cool down with a half mile of easy running. After each 1-minute bout of hard running, you want to recover fully before you start the next hard effort. At the end of the workout, you should feel invigorated, not demolished.

### **Day 47, Friday · Rest**

Rest today to recover from yesterday's speed workout and save your energy for tomorrow's long run.

### **Day 48, Saturday · 4.5 Miles Easy**

Today is your final long run before the race. And you may want to treat it as a race-day rehearsal. Try to do the run at the same time as your race start, as the timing will affect your prerace fueling, hydration, and bathroom schedule. Test out the gear, clothing, and shoes you plan to use in the race to make sure they all work well for you. If you can, run on the racecourse. The time you take for race-day prep now will reduce your stress in the days before your goal event.

### **Day 49, Sunday · Rest or Cross-Train**

Be sure to run on a variety of surfaces, like soft trails, not just concrete. Varying the surfaces will help you prevent injuries by giving certain muscles and joints a rest while strengthening other muscles and joints.

## **WEEK 8**

### **Day 50, Monday · 2 Miles Easy**

Welcome to race week! You made it! Do the runs that are scheduled this week, and resist the urge to cram in extra mileage or speed: It can only hurt your performance on race day and increase your chances of getting hurt. Rest as much as possible, and get your gear and fuel plans for the weekend set. Your goal should be to reduce your stress as much as possible heading to the starting line. This week you'll have just two short workouts and a speed workout. Spend the rest of the time resting for the race.

Today, run 2 miles easy.

### **Day 51, Tuesday · Fartlek 3 Miles**

This is your final speed workout. Do the workout for the day. Do not try to run all-out or add extra miles; you'll only increase your risk of injury. But as you do your fast bouts of running, try to envision yourself running fast on race day, calmly pushing yourself forward, faster than you've gone before, and crossing the finish line feeling strong.

half-mile warmup

2 miles fartlek (alternating between 1 minute fast and 3 minutes easy)

half-mile cooldown

Warm up with a half mile of easy running, or 2 laps around the track. Then alternate between 1 minute of running at a faster pace, and recovering with 3 minutes of easy running. Repeat this cycle as many times as you need to until you cover 2 miles. Cool down with a half mile of easy running. After each 1-minute bout of hard running, you want to recover fully before you start the next hard effort. At the end of the workout, you should feel invigorated, not demolished.

### **Day 52, Wednesday · Rest**

Though it's early in the week, it's not too early to start getting prepared for race weekend. Lay out the gear and clothing you plan to use for the race. Write down a schedule for yourself for the 24 hours before race day, including details like the times you'll eat, sleep, leave for the race. Take some time to reflect on your motivation for training and the goals you hope to reach on race day. In order to set yourself up for success, it's a good idea to have a few different goals, including some you feel 100 percent confident you can accomplish, like finishing the race feeling good.

### **Day 53, Thursday · 2 Miles Easy**

Run 2 miles today at your easy, comfortable, conversational pace.

If you're feeling nervous about the race, take some time to review your training log. Count up all the miles you've logged preparing for your goal event. Draw confidence from all the distance you've covered, and all the occasions when you pushed your body farther and faster than it's gone before. Consider the race to be a victory lap for all the hard work you did in training.

### **Day 54, Friday · Rest**

You're close enough to race day to start checking the weather forecast and thinking about what to wear. Whatever the conditions are, you've probably run in them before. If you need help choosing proper attire, check out the "What to Wear" tool at [runnersworld.com/what-to-wear](http://runnersworld.com/what-to-wear).

### **Day 55, Saturday · Rest**

Recover from the miles you've done and save your energy for tomorrow's race.

### **Day 56, Sunday · Race Day**

Good luck! Follow the prerun routine that's worked well for you in training, and try to get to the starting line at least one hour before the start, so you have time to hit the bathroom and take care of last-minute details before the starting gun fires. Walk and jog to warm up.

Start slowly, with the idea of gradually gaining speed and finishing feeling strong. If this is your first race, try not to worry too much about the time on the finish-line clock. Whatever it is, it's a personal record! After the race, be sure to change out of your sweaty clothes and into comfortable ones, and walk to cool down. Have a meal with carbs and protein within 30 minutes of finishing the race to help repair muscle tissue and restock your spent energy stores. And be sure to celebrate your success!

After you've recovered, consider training with Runner's World again. Check out the other plans we've designed for 5Ks, 10Ks, half marathons, and marathons.