ADP CORPORATE 5K

PRESENTED BY Bon Secours

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5/13-19	1 mile of: run 2 mins and walk 2 min	Walk 20 mins and strength training	off/active recovery	Cross train 30 mins either bike/swim/walk	off/active recovery	2 miles	Off/foam roll/mobility
5/20-26	1 mile of: run 3 mins and walk 2 min	Walk 20 mins and strength training	off/active recovery	Cross train 30 mins either bike/swim/walk	off/active recovery	2 miles	Off/foam roll/mobility
5/27-6/2	2 miles of: run 4 mins and walk 2 mins	Walk 20 mins and strength training	off/active recovery	Cross train 30 mins either bike/swim/walk	off/active recovery	3 miles	Off/foam roll/mobility
6/3-6/9	2 miles of: then run 4 mins and walk 1 min	Walk 20 mins and strength training	off/active recovery	Cross train 30 mins either bike/swim/walk	off/active recovery	3 miles	Off/foam roll/mobility
6/10-6/16	3 miles: walk 5 mins warmup, then run 5 mins and walk 2 mins rest of mileage	Walk 20 mins and strength training	off/active recovery	Cross train 30 mins either bike/swim/walk	off/active recovery	2 miles	Off/foam roll/mobility
6/17-23	Walk 20 minutes	Corporate ADP 5K Race!					

1. For beginner runners, don't feel you need to run the entire time. Just stay on your feet for the time specified and use whatever combination of running and walking you are most comfortable with. For example, start your session with a 5-10 minute walk then progress to X minutes of running and Y minutes of walking. (ex. Run 2 minutes, walk 2 minutes). You'll notice that early on in the schedule, run/walks are built into the schedule! Experiment with different ratios but never run to the point of exhaustion. The key is to take your walk breaks early when you are still feeling strong. You'll be amazed at how far you'll be able to go with experimenting with different run/walk ratios to find the one you are most comfortable with and which will enable you to complete the listed distance.

2. If you do not have a measured course where you most often run or walk, use time instead—based on your pace. In other words, if you are scheduled to complete 2 miles and you normally run or walk a 12 minute mile, stay out for 24 minutes.

3. This schedule includes 2 running days, 2 cross-training days, and 3 rest days. Cross training helps to develop and maintain aerobic endurance without extra pounding on your joints and muscles. Good options include swimming, biking, walking briskly, etc. Experiment with which option feels best for you and get to work!

4. Change days of the week that you run on to work what's best for you. Just try to maintain the same general sequence of events. If you miss a day or two—don't panic. There is a great deal of flexibility in the schedule.

5. Strength training and mobility are important for runners. There are tons of YouTube videos with both strength and mobility routines that you can follow that are free and easy to do at home if you do not have access to a gym!