



10 Weeks to a 5K

With LCFC

The Plan

Start and end each workout with a **5 minute walk** to **warm-up** and **cool-down**.

Week 1: Week of June 21

■ **Alternate for 20 minutes:**

- 60 seconds of jogging &
- 90 seconds of walking
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Week 2: Week of June 28

■ **Alternate for 20 minutes:**

- 90 seconds of jogging &
- 2 minutes of walking
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Week 3: Week of July 5

■ **Repeat two times:**

- 90 seconds jog
- 90 seconds walk
- 3 minutes jog
- 3 minutes walk

Week 4: Week of July 12

■ **Repeat two times:**

- 90 seconds jog
- 90 seconds walk
- 3 minutes jog
- 3 minutes walk

Week 5: Week of July 19

■ **Repeat two times:**

- 3 minutes jog
- 90 seconds walk
- 5 minutes jog
- 2.5 minutes walk

Week 6: Week of July 26

■ **Day 1:** Jog 5 min, walk 3 min, jog 5 min, walk 3 min, jog 5 min

■ **Day 2:** Jog 3/4 mile, walk 1/2 mile, jog 3/4 mile

■ **Day 3:** Jog 2 miles

Week 7: Week of Aug. 2

■ **Day 1:** Jog 5 min, walk 3 min, jog 5 min, walk 3 min, jog 5 min

■ **Day 2:** Jog 1 mile, walk 1/4 mile, jog 1 mile

■ **Day 3:** Jog 2.25 miles

Week 8: Week of Aug. 9

■ **Day 1:** Jog 5 min, walk 3 min, jog 5 min, walk 3 min, jog 5 min

■ **Day 2:** Jog 1 mile, walk 1/4 mile, jog 1 mile

■ **Day 3:** Jog 2.25 miles

Week 9: Week of Aug. 16

■ **All three days:**

■ Jog 2.5 miles

Week 10: Week of Aug. 23

■ **Day 1:** Jog 2.75 miles

■ **Day 2:** Jog 2.75 miles

■ **Day 3:** Jog 3 miles

Aug. 30

■ **Run for the Health of It!**

10 Weeks to a 5K with LCFC

New to running?
Nervous to run a race?

Want to get in shape?
Want to help **save a life**?

Run for the Health of It

This fun, 10-week program will take you from non-runner to 5k-ready.

The FREE training program includes:

- 1) 10-week training plan of three runs each week.
- 2) Weekly group training runs with Coach Joy.
- 3) Private Facebook group for participants with training tips, nutrition information, games and encouragement.
- 4) Special recognition at Run for the Health of It 5k to Benefit Lake County Free Clinic (Aug. 30).
- 5) The unique opportunity to get healthy while you give health.

Run for the Health of It is a fun, flat 5k that is family-friendly, stroller-friendly and pet-friendly.

- Unique age group awards.
- Games and prizes for children following the race.
- T-shirts guaranteed for all runners registered by Aug. 16.

Get Started

- 1: Attend the **kick-off meeting** at Lake County Free Clinic at **6 p.m. May 21**.
- 2: **Register for Run for the Health of It** at www.gcxcracing.com.
- 3: **Sign up** at <http://bit.ly/10Weeksto5K>
- 4: **Join the "10 Weeks to a 5K With LCFC" group on Facebook** at www.facebook.com/groups/RunWithLCFC
- 5: Have fun!



10 Weeks to a 5K kicks off June 21

Questions? Email sdevers@lakefreeclinic.org or call 440-352-8686.