



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

- **All three workouts**
- **Alternate for 20 minutes:**
60 seconds of jogging &
90 seconds of walking

Week 2: Week of June 28

- **All three workouts**
- **Alternate for 20 minutes:**
90 seconds of jogging &
2 minutes of walking

Week 3: Week of July 5

- **All three workouts**
- **Repeat two times:**
90 sec. jog then 90 sec. walk
3 min. jog then 3 min. walk

Week 4: Week of July 12

- **All three workouts**
- **Repeat two times:**
90 sec. jog then 90 sec. walk
3 min. jog then 3 min. walk

Week 5: Week of July 19

- **All three workouts**
- **Repeat two times:**
3 min. jog then 90 sec. walk
5 min. jog then 2.5 min. 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 workouts**
- Jog 2.5 miles
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Week 10: Week of Aug. 23

- **Day 1:** Jog 2.75 miles
- **Day 2:** Jog 2.75 miles
- **Day 3:** Jog 3 miles

Aug. 29

- **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. 29).
- 5) The unique opportunity to get healthy while you give health.

Run for the Health of It is a fun, family-friendly 5k!

- Unique age group awards.
- Games and prizes for children following the race.
- T-shirts guaranteed for all runners registered by Aug. 15.

Get Started

- 1: **Register for Run for the Health of It** at www.gcxcrcing.com.
- 2: **Sign up** at <http://bit.ly/10Weeksto5K>
- 3: **Join the "10 Weeks to a 5K With LCFC" group on Facebook** at www.facebook.com/groups/RunWithLCFC

10 Weeks to a 5K kicks off June 21

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

