

Berkeley Rec Sport Virtual 5K Club

Virtual 5k Run & Walk

Novice I - 8 Week Training Plan

Week 1	Day 1	Strength Training Workout 1 for 5k
	Day 2	Increase non-exercise activity: Go for a brief walk! (Get your steps in!)
	Day 3	Increase non-exercise activity: Use stairs when possible, park farther away from places you go so you have to increase your steps (Get your steps in!) Strength Training 1 workout for 5k
	Day 4	Increase non-exercise activity: work in the yard or garden, clean around the house, work in the kitchen cooking multiple meals throughout the day.
	Day 5	Berkeley Rec Sports Virtual 5k Club, track a 1-2 mile walk, (RPE 7-8/20 very, very, light) recording activity in the Strava app. (RPE is Rate of Perceived Exertion, a 7-8 out of 20 is very, very light).

Week 2	Day 1	Strength Training Workout 1 for 5k
	Day 2	Increase non-exercise activity: Go for a brief walk! (Get your steps in!)
	Day 3	Increase non-exercise activity: Use stairs when possible, park farther away from places you go so you have to increase your steps (Get your steps in!) Strength Training 1 workout for 5k
	Day 4	Increase non-exercise activity: work in the yard or garden, clean around the house, work in the kitchen cooking multiple meals throughout the day.
	Day 5	Berkeley Rec Sports Virtual 5k Club, track a 1-2 mile walk, (RPE 7-8/20 very, very, light) recording activity in the Strava app. (RPE is Rate of Perceived Exertion, a 7-8 out of 20 is very, very light).

Week 3	Day 1	Strength Training Workout 1 for 5k 1 mile walk (RPE 9-10/20 very light)
	Day 2	1-2 mile walk (RPE 9-10/20 very light)
	Day 3	Increase non-exercise activity: Use stairs when possible, park farther away from places you go so you have to increase your steps (Get your steps in!) Strength Training 1 workout for 5k
	Day 4	1-2 mile easy walk (RPE 9-10/20 very light) + 4 reps up-tempo walking (60-100m in length = 1 football field sin length) @70-80% max effort, (RPE 13-14/20 somewhat hard) :45-:75 second recovery between each up-tempo walking rep
	Day 5	Berkeley Rec Sports Virtual 5k Club, track a 2 mile run/walk, (RPE 9-10/20 very light) recording activity in the Strava app.

Week 4	Day 1	Strength Training Workout 1 for 5k 1-2 mile walk (RPE 9-10/20 very light)
	Day 2	2 mile walk (RPE 9-10/20 very light)
	Day 3	Strength Training 1 workout for 5k
	Day 4	1-2 mile walk (RPE 9-10/20 very light) + 5 reps up-tempo walking (60-100m in length = 1 football field sin length) @70-80% max effort, RPE (13-14/20 somewhat hard) :45-:75 second recovery between each up-tempo walking rep
	Day 5	Berkeley Rec Sports Virtual 5k Club, track a 2 mile walk (RPE 9-10/20 very light) recording activity in the Strava app.

Week 5	Day 1	Strength Training Workout 2 for 5k 1-2 mile walk or run, or intermittent walking and running (11-12/20 fairly light) Intermittent walking and running is a ratio of walking to running. You can decide on the ratio, it can be a 2 minute walk and a 1 minute run for a 2:1 ratio, your choice!).
	Day 2	2 mile walk
	Day 3	Strength Training Workout 2 for 5k
	Day 4	1.5 mile walk (11-12/20 fairly light) followed by 1 set of 6 reps of uptempo walking or running, 30-45 second efforts (RPE 13-15/20, somewhat hard-hard) with 1:20 recovery walk between reps followed by 1 mile walk
	Day 5	Berkeley Rec Sports Virtual 5k Club, track a 2.2 mile walk (RPE 9-10/20 very light) recording activity in the Strava app.

Week 6	Day 1	Strength Training Workout 2 for 5k 2 mile walk and or run or intermittent walking and running, you choose the ratio.(11-12/20 fairly light) .
	Day 2	Long Walk 2.5 miles (11-12/20 fairly light)
	Day 3	Easy 2 mile run or walk or intermittent walking and running (11-12/20 fairly light) + 4 uptempo walking or (running *"strides") efforts (60-100m in length = ! football in length) @80-85% max effort, (RPE 13-15/20, somewhat hard-hard) :45-:75 second recovery between each stride. *Strides are running, at a perceived percentage of 80-85 for short duration).
	Day 4	Strength Training 2 for 5k workout
	Day 5	Berkeley Rec Sports Virtual 5k Club, track a 2-2.5mile walk or run, or intermittent walking and running,(11-12/20 fairly light) recording activity in the Strava app.

Week 7	Day 1	Strength Training Workout 2 for 5k 2 mile walk or run, or intermittent walking and running (13-14/20 somewhat hard)
	Day 2	Long Walk 2.5 miles (13-14/20 somewhat hard)
	Day 3	1.5 mile walk (11-12/20 fairly light) followed by 1 set of 6 reps of uptempo walking or running, 30-45 second efforts (RPE 13-15/20, somewhat hard-hard) with 1:20 recovery walk between reps followed by 1 mile walk
	Day 4	Strength Training 2 for 5k workout
	Day 5	Berkeley Rec Sports Virtual 5k Club, track a 2-2.5mile walk or run, or intermittent walking and running, (13-14/20 somewhat hard) recording activity in the Strava app.

Week 8	Day 1	Strength Training Workout 2 for 5k 2 mile walk or run, or intermittent running and walking (13-14/20 somewhat hard)
	Day 2	Long Walk 3 miles (13-14/20 somewhat hard)
	Day 3	2 mile run or walk or intermittent walking and running (13-14/20 somewhat hard) + 8 uptempo walking or (running *"strides") efforts (60-100m in length = ! football in length) @80-85% max effort (RPE 13-15/20, somewhat hard-hard) :45-:75 second recovery between each stride. *Strides are running, at a perceived percentage of 80-85 for short duration).
	Day 4	Strength Training 2 for 5k workout
	Day 5	Congratulations!! Goal length/pace!! Berkeley Rec Sports Virtual 5k Club, track a 3.2 mile walk or run, or intermittent walking and running, (13-15/20 somewhat-hard) recording activity in the Strava app.

Scale of Perceived Exertion

6	None
7-8	Very, Very Light
9-10	Very Light
10-11	Light
12-13	Somewhat Hard
14-15	Hard
16-17	Very Hard
18-19	Extremely Hard
20	Maximum Effort

*The number on the scale gives an indication of the intensity, so that the individual can determine the effort of exercise.

*Please view corresponding Strength Training I & 2 for 5K workout videos referenced in the 8 week training program available on the Virtual 5K Run & Walk page.