

“Starting Line to Shoreline” Finisher’s Program

A beginner running program designed to prepare you for the starting line and give you the training and confidence to get to the finish line of the Shoreline Classic 5K!

Week 1: Time Trial Week! (Run 2 minutes, walk 4 minutes. Repeat 5 times.)

Week 2: Run 3 minutes, walk 3 minutes. Repeat 5 times.

Week 3: Run 5 minutes, walk 2.5 minutes. Repeat 4 times.

Week 4: Run 7 minutes, walk 3 minutes. Repeat 3 times.

Week 5: Run 8 minutes, walk 2 minutes. Repeat 3 times.

Week 6: Run 9 minutes, walk 2 minutes. Repeat 2 times, then run 8 minutes.

Week 7: Run 9 minutes, walk 1 minutes. Repeat 3 times.

Week 8: Run 13 minutes, walk 2 minutes. Repeat 2 times.

Week 9: Run 14 minutes, walk 1 minute. Repeat 2 times.

Week 10: Run 30 minutes.

Week 11: PRACTICE RUN OF THE 5K COURSE

Week 12: Run 30 minutes.

Week 13: Run 9 minutes, walk 1 minute. Repeat 3 times.

Repeat these workouts two other times during the week. If you need to scale the workout back on nights other than Squad Night, repeat the previous week’s workout. So Week 2 may look something like:

Tuesday-Run 2, Walk 4, repeat 5 times

Thursday (primary squad workout)-Run 3, Walk 3, repeat 5 times

Saturday-Run 2, Walk 4, repeat 5 times

It is recommended to stretch and/or cross train 1-2 times per week in addition to the run/walk workouts.

For cross training ideas, ask a Squad Leader!