



# 6 WEEK TRAINING PROGRAM



RUN THE 2021 CHILD FREEDOM  
5K WITH CONFIDENCE

# 6 WEEK TRAINING PROGRAM

## WEEK 1

### WORKOUT 1

5 minute brisk walk warm-up.

Alternate between 30 seconds of jogging + 2 min. of walking for 20 min.

**TOTAL TIME: 25 MIN.**

### WORKOUT 2

5 minute brisk walk warm-up.

Alternate between 30 seconds of jogging + 2 min. of walking for 20 min.

**TOTAL TIME: 25 MIN.**

### WORKOUT 3

5 minute brisk walk warm-up.

Alternate between 60 seconds of jogging + 2 min. of walking for 20 min.

**TOTAL TIME: 25 MIN.**

### WORKOUT 4

Beginner Strength Routine For Runners #1

**VIDEO GUIDE**

**6 SETS**

## WEEK 2

### WORKOUT 5

5 minute brisk walk warm-up.

Alternate between 60 seconds of jogging + 2 min. of walking for 20 min.

**TOTAL TIME: 25 MIN.**

### WORKOUT 6

5 minute brisk walk warm-up.

Alternate between 60 seconds of jogging + 90 seconds of walking for 25 min.

**TOTAL TIME: 30 MIN.**

### WORKOUT 7

5 minute brisk walk warm-up.

Alternate between 60 seconds of jogging + 90 seconds of walking for 25 min.

**TOTAL TIME: 30 MIN.**

### WORKOUT 8

Beginner Strength Routine For Runners #1

**VIDEO GUIDE**

**6 SETS**

## WEEK 3

### WORKOUT 9

5 minute brisk walk warm-up.

Alternate between 90 seconds of jogging + 60 seconds of walking for 27 min.

**TOTAL TIME: 32 MIN.**

### WORKOUT 10

5 minute brisk walk warm-up.

Alternate between 90 seconds of slow running + 60 seconds of walking for 27 min.

**TOTAL TIME: 32 MIN.**

### WORKOUT 11

5 minute brisk walk warm-up.

Alternate between 90 seconds of slow running + 60 seconds of walking for 30 min.

**TOTAL TIME: 35 MIN.**

### WORKOUT 12

Beginner Strength Routine For Runners #2

**VIDEO GUIDE**

**3 SETS**



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## WEEK 4

### WORKOUT 13

5 minute brisk walk warm-up.

Alternate between 90 seconds of slow running + 60 seconds of walking for 30 min.

**TOTAL TIME: 35 MIN.**

### WORKOUT 14

5 minute brisk walk warm-up.

Alternate between 3 mins. of slow running + 30 seconds of walking for 33 min.

**TOTAL TIME: 38 MIN.**

### WORKOUT 15

5 minute brisk walk warm-up.

Alternate between 4 mins. of running + 30 seconds of walking for 33 min.

**TOTAL TIME: 38 MIN.**

### WORKOUT 16

Beginner Strength Routine For Runners #2

**VIDEO GUIDE**

**3 SETS**

## WEEK 5

### WORKOUT 17

5 minute brisk walk warm-up.

Alternate between 5 mins. of running + 30 seconds of walking for 35 min.

**TOTAL TIME: 40 MIN.**

### WORKOUT 18

5 minute brisk walk warm-up.

Alternate between 10 mins. of running + 30 seconds of walking for 35 min.

**TOTAL TIME: 40 MIN.**

### WORKOUT 19

5 minute brisk walk warm-up.

Run slowly for 20 mins. then walk quickly/jog slowly for 15 mins

**TOTAL TIME: 40 MIN.**

### WORKOUT 20

5 minute brisk walk warm-up.

Run slowly for 22 mins. then walk quickly/jog slowly for 15 mins

**TOTAL TIME: 42 MIN.**

## WEEK 6

### WORKOUT 21

5 minute brisk walk warm-up.

Run slowly for 25 mins. then walk quickly/jog slowly for 10 mins.

**TOTAL TIME: 40 MIN.**

### WORKOUT 22

5 minute brisk walk warm-up.

Run slowly for 27 mins then walk quickly/jog slowly for 8 mins.

**TOTAL TIME: 40 MIN.**

### WORKOUT 23

5 minute brisk walk warm-up.

Run slowly for 30 mins.

**TOTAL TIME: 40 MIN.**

### WORKOUT 24

5 minute brisk walk warm-up.

Run slowly for 30 mins.

**TOTAL TIME: 40 MIN.**

# KEYS TO SUCCESS

1

Use a smart phone, smart watch, or stop watch to time your workouts.

2

For training outside, try running in the AM or PM to avoid peak heat.

3

Use a playlist of your favorite songs for motivation.

4

Dedicate 5 minutes to stretching **before** and **after** your workout.

5

Fuel your body with plenty of water + high protein foods after your workout.



NEVER GIVE UP



# RACE DAY TIPS

SEPTEMBER 18 | 8:30 AM

1

Eat a light breakfast or plan to eat after your run.

2

Start stretching around 8 AM so you can fully warm up.

3

Have your headphones and running playlist ready.

4

Get your packet at early packet pickup on September 17.

5

Bring your course map with you on the run.

6

Have an amazing time! Thank you for being the difference.

**DIFFERENCE**  
you are the

100% of your Child Freedom 5K registration fee is currently providing a month of care for a child rescued from human trafficking in South Asia. By running today, you've changed their life.

Learn more or sponsor a child at [ChildFreedom.org](https://ChildFreedom.org)