



**GO! St. Louis® invites YOU to engage on a Personal Journey!**

**Start Training for the GO! St. Louis 5K Run/Walk**

**April 10, 2010 in Forest Park**

WEEK #	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b>	Off or XT	10 min. run/walk	Off or XT	10 min. run/walk	Off or XT	OFF	15 min. run/walk
<b>2</b>	Off or XT	10 min. run/walk	Off or XT	10 min. run/walk	Off or XT	OFF	1 mile run/walk
<b>3</b>	Off or XT	13 min. run/walk	Off or XT	13 min. run/walk	Off or XT	OFF	1.5 mile run/walk
<b>4</b>	Off or XT	15 min. run/walk	Off or XT	15 min. run/walk	Off or XT	OFF	2 mile run/walk
<b>5</b>	Off or XT	20 min. run/walk	Off or XT	20 min. run/walk	Off or XT	OFF	2.5 mile run/walk
<b>6</b>	Off or XT	25 min. run/walk	Off or XT	25 min. run/walk	Off or XT	OFF	3 mile run/walk
<b>7</b>	Off or XT	30 min. run/walk	Off or XT	30 min. run/walk	Off or XT	OFF	3.5 mile run/walk
<b>8</b>	Off or XT	25 min. run/walk	Off or XT	25 min. run/walk	Off or XT	<b>5K Race Day (3.1 miles) April 18</b>	OFF
<b>9</b>	Off or XT	25 min. run/walk	Off or XT	25 min. run/walk	Off or XT	OFF	3 miles run/walk

*This program assumes that you have not been running at all.* During your training, you may want to begin walking the distance, develop a brisk walk, insert a few jogs, and incorporate the running as desired or simply walk. Some people alternate walking with running. The goal is to finish and feel a sense of accomplishment!

**Training tips:**

1. You can do the long run on Saturday if you wish. In that case take the Friday off from exercising.
2. On your “long runs”, take more walking breaks.
3. XT means cross training. You can walk or do some form of non-pounding exercise, such as swimming, cycling, or exercise machines, for 10 minutes or so at an easy pace.
4. Remember to drink water before, during and after exercise, even when it is cold.
5. Train with others. After the fitness workout, socialize over a cup of coffee!

**For more event information, [www.gostlouis.org](http://www.gostlouis.org).**

This training program developed by the **GO! St. Louis** is a suggested program. Participants train at their own risk and should always consult a physician before engaging in a fitness program.