

Legend



What is RPE?

RPE stands for “Rate of Perceived Exertion”; this is used to gauge intensity during cardiovascular workouts. RPE 1 or RPE 2 would be a light walk with minimal effort, while RPE 9 or RPE 10 would be a full-blown sprint.

Starter 1.5K and Starter 3K

Jogging Periods

Jog at a speed of approximately 5 RPE.

Walking Periods

Walk at a speed of approximately 3 RPE.

Race!

Jog at a speed of approximately 6 RPE.

Walk+Jog 5K and Walk+Jog 10K

Jogging Periods

Jog at a speed of approximately 6 RPE.

Walking Periods

Walk at a speed of approximately 4 RPE.

Race!

Aim for 7 RPE, but pace yourself early to conserve energy for the end of the race.

Beginner, Intermediate, and Advanced Training Plans

Recovery Days

Jog at a speed of approximately 4/5 RPE.

Pace Days

Jog at a speed of approximately 5/6 RPE.

Distance Days

Jog at a speed of approximately 5 RPE.

Race!

Aim for 7 RPE, but pace yourself early to conserve energy for the end of the race.

Always consult with your physician before starting any new exercise program!

Beginner 5K

8 Weeks – 3 Days/Week



	Recovery	Pace	Distance
Week 1	1.5 mi	20 min	1.75 mi
Week 2	1.75 mi	20 min	1.75 mi
Week 3	2.00 mi	20 min	2.25 mi
Week 4	2.00 mi	20 min	2.25 mi
Week 5	2.25 mi	25 min	2.5 mi
Week 6	2.50 mi	30 min	2.0 mi
Week 7	2.75 mi	30 min	2.75 mi
Week 8	2.5 mi	20 min	Race!

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Beginner 5K

8 Weeks – 4 Days/Week



	Recovery	Pace	Recovery	Distance
Week 1	1.5 mi	20 min	1.5 mi	1.5mi
Week 2	1.5 mi	20 min	1.75 mi	1.75 mi
Week 3	1.75 mi	20 min	2.00 mi	2.5 mi
Week 4	1.75 mi	20 min	2.00 mi	2.25 mi
Week 5	2.00 mi	25 min	2.25 mi	2.50 mi
Week 6	2.25 mi	30 min	2.75 mi	2.00 mi
Week 7	2.25 mi	30 min	3.00 mi	2.75 mi
Week 8	2.50 mi	20 min	2.00 mi	<i>Race!</i>

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Beginner 5K

8 Weeks – 5 Days/Week



	Recovery	Pace	Recovery	Pace	Distance
Week 1	1.50 mi	1.25 mi	2.25 mi	15 min	1.5 mi
Week 2	1.25 mi	1.25 mi	2.00 mi	15 min	1.75 mi
Week 3	1.75 mi	1.5 mi	2.25 mi	15 min	2.0 mi
Week 4	1.75 mi	1.5 mi	2.25 mi	15 min	2.25 mi
Week 5	1.75 mi	1.75 mi	2.25 mi	15 min	2.5 mi
Week 6	2.25 mi	1.75 mi	2.5 mi	20 min	2 mi
Week 7	2.25 mi	2.00 mi	2.75 mi	20 min	3 mi
Week 8	2.0 mi	1.75 mi	2.0 mi	20 min	<i>Race!</i>

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Beginner 5K

10 Weeks – 3 Days/Week



	Recovery	Pace	Distance
Week 1	1.5 mi	20 min	1.75 mi
Week 2	1.75 mi	20 min	1.75 mi
Week 3	2.00 mi	20 min	2.25 mi
Week 4	2.00 mi	20 min	2.25 mi
Week 5	1.5 mi	15 min	1.5 mi
Week 6	2.25 mi	30 min	2.0 mi
Week 7	2.25 mi	25 min	2.25 mi
Week 8	2.5 mi	30 min	2.5 mi
Week 9	2.75 mi	30 min	2.75 mi
Week 10	2.25 mi	20 min	<i>Race!</i>

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Beginner 5K

10 Weeks – 4 Days/Week



	Recovery	Pace	Recovery	Distance
Week 1	1.5 mi	20 min	1.5 mi	1.50 mi
Week 2	1.75 mi	20 min	1.75 mi	1.75 mi
Week 3	2.0 mi	25 min	2.0mi	2.0 mi
Week 4	1.75 mi	25 min	2.0 mi	2.25 mi
Week 5	1.25 mi	15 min	1.5 mi	1.5 mi
Week 6	2.0 mi	25 min	2.25 mi	2.25 mi
Week 7	2.25 mi	25 min	2.5 mi	2.5 mi
Week 8	2.5 mi	30 min	2.5 mi	2.75 mi
Week 9	2.5 mi	30 min	2.75 mi	3 mi
Week 10	2.25 mi	20 min	2 mi	<i>Race!</i>

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Beginner 5K

10 Weeks – 5 Days/Week



	Recovery	Pace	Recovery	Pace	Distance
Week 1	1.25 mi	1.25 mi	1.50 mi	15 min	1.5 mi
Week 2	1.5 mi	1.25 mi	1.75 mi	15 min	1.75 mi
Week 3	1.5 mi	1.5 mi	2.0 mi	15 min	2.0 mi
Week 4	1.5 mi	1.50 mi	2.25 mi	15 min	2.25 mi
Week 5	1.0 mi	1.0 mi	1.5 mi	15 min	1.5 mi
Week 6	1.75 mi	2.0 mi	2.25 mi	20 min	2.5 mi
Week 7	1.75 mi	1.75 mi	2.5 mi	15 min	2.5 mi
Week 8	1.75 mi	1.75 mi	2.5 mi	20 min	3 mi
Week 9	1.75 mi	2.0 mi	2.75 mi	20 min	2.75 mi
Week 10	2.0 mi	1.75 mi	2.0 mi	20 min	<i>Race!</i>

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Beginner 5K

12 Weeks – 3 Days/Week



	Recovery	Pace	Distance
Week 1	1.5 mi	20 min	1.5 mi
Week 2	1.5 mi	20 min	1.75 mi
Week 3	1.75 mi	20 min	2 mi
Week 4	1.25 mi	10 min	1.25 mi
Week 5	2.25 mi	25 min	2.0 mi
Week 6	2.25 mi	25 min	2.25 mi
Week 7	1.25 mi	15 min	1.5 mi
Week 8	2.5 mi	25 min	2.5 mi
Week 9	2.25 mi	30 min	2.75 mi
Week 10	1.5 mi	15 min	1.75 mi
Week 11	2.75 mi	30 min	3 mi
Week 12	2.25 mi	20 min	Race!

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Beginner 5K

12 Weeks – 4 Days/Week



	Recovery	Pace	Recovery	Distance
Week 1	1.5 mi	20 min	1.5 mi	1.50 mi
Week 2	1.5 mi	20 min	1.75 mi	1.75 mi
Week 3	1.75 mi	25 min	2 mi	2mi
Week 4	1 mi	10 min	1.25 mi	1.25 mi
Week 5	2 mi	25 min	2.25 mi	2.25 mi
Week 6	2.25 mi	25 min	2.25 mi	2.5 mi
Week 7	1.25 mi	15 min	1.5 mi	1.5 mi
Week 8	2.25 mi	30 min	2.5 mi	2.75 mi
Week 9	2.25 mi	25 min	2.75 mi	2.75 mi
Week 10	1.25 mi	15 min	1.75 mi	1.75 mi
Week 11	2.5 mi	30 min	2.75 mi	3 mi
Week 12	2.50 mi	20 min	2.00 mi	Race!

Always consult with your physician before starting any new exercise program!

Beginner 5K

12 Weeks – 5 Days/Week



	Recovery	Pace	Recovery	Pace	Distance
Week 1	1.50 mi	1.25 mi	1.5 mi	15 min	1.5 mi
Week 2	1.5 mi	1.5 mi	1.75 mi	15 min	1.75
Week 3	1.75 mi	1.75 mi	2 mi	15 min	2 mi
Week 4	1.0 mi	1 mi	1 mi	10 min	1.25 mi
Week 5	1.5 mi	2.0 mi	2 mi	20 min	2.25 mi
Week 6	1.75 mi	1.75 mi	2.25 mi	15 min	2.25 mi
Week 7	1.0 mi	1.0 mi	1.25 mi	10 min	1.5 mi
Week 8	2.0 mi	1.75 mi	2.25 mi	20 min	2.5 mi
Week 9	2.0 mi	1.75 mi	2.25 mi	20 min	2.75 mi
Week 10	1.25 mi	1.25 mi	1.75 mi	15 min	1.75 mi
Week 11	2.25 mi	1.75 mi	2.75 mi	25 min	3 mi
Week 12	2.0 mi	1.75 mi	2.0 mi	20 min	<i>Race!</i>

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