

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!

Starter 3K

4 Weeks – 3 Days/Week



	Day 1	Day 2	Day 3
Week 1	Jog .5 mi Walk .5 mi <i>Repeat 2 times</i>	Jog .5 mi Walk .5 mi <i>Repeat 2 times</i>	Jog .75 mi Walk .25 mi <i>Repeat 2 times</i>
Week 2	Jog .5 mi Walk .5 mi <i>Repeat 2 times</i>	Jog .75 mi Walk .25 mi <i>Repeat 2 times</i>	Jog 1 mi Walk .5 mi Jog .25 mi
Week 3	Jog .5 mi Walk .5 mi <i>Repeat 2 times</i>	Jog .75 mi Walk .25 mi <i>Repeat 2 times</i>	Jog 1.5 mi Walk .25 mi Jog .25 mi
Week 4	Jog .75 mi Walk .25 mi <i>Repeat 2 times</i>	Jog 1 mi Walk .5 mi Jog .25 mi	<i>Race!</i>

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

Starter 3K

4 Weeks – 4 Days/Week



	Day 1	Day 2	Day 3	Day 4
Week 1	Jog .5 mi Walk .5 mi <i>Repeat 2 times</i>	Jog .5 mi Walk .5 mi <i>Repeat 2 times</i>	Jog .5 mi Walk .5 mi <i>Repeat 2 times</i>	Jog .75 mi Walk .25 mi <i>Repeat 2 times</i>
Week 2	Jog .5 mi Walk .5 mi <i>Repeat 2 times</i>	Jog .75 mi Walk .25 mi <i>Repeat 2 times</i>	Jog .5 mi Walk .5 mi <i>Repeat 2 times</i>	Jog .75 mi Walk .25 mi <i>Repeat 2 times</i>
Week 3	Jog .5 mi Walk .5 mi <i>Repeat 2 times</i>	Jog .75 mi Walk .25 mi <i>Repeat 2 times</i>	Jog .5 mi Walk .5 mi <i>Repeat 2 times</i>	Jog 1.5 mi Walk .25 mi Jog .25 mi
Week 4	Jog .75 mi Walk .25 mi <i>Repeat 2 times</i>	Jog 1.25 mi Walk .25 mi Jog .5 mi	Jog .5 mi Walk .5 mi <i>Repeat 2 times</i>	Race!

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

Starter 3K

4 Weeks – 5 Days/Week



	Day 1	Day 2	Day 3	Day 4	Day 5
Week 1	Jog .5 mi Walk .5 mi <i>Repeat 2 times</i>	Jog .5 mi Walk .5 mi <i>Repeat 2 times</i>	Jog .5 mi Walk .5 mi <i>Repeat 2 times</i>	Jog .5 mi Walk .5 mi <i>Repeat 2 times</i>	Jog .75 mi Walk .25 mi <i>Repeat 2 times</i>
Week 2	Jog .5 mi Walk .5 mi <i>Repeat 2 times</i>	Jog .75 mi Walk .25 mi <i>Repeat 2 times</i>	Jog .5 mi Walk .5 mi <i>Repeat 2 times</i>	Jog .75 mi Walk .25 mi <i>Repeat 2 times</i>	Jog .75 mi Walk .25 mi <i>Repeat 2 times</i>
Week 3	Jog .5 mi Walk .5 mi <i>Repeat 2 times</i>	Jog .75 mi Walk .25 mi <i>Repeat 2 times</i>	Jog .5 mi Walk .5 mi <i>Repeat 2 times</i>	Jog .75 mi Walk .25 mi <i>Repeat 2 times</i>	Jog 1.5 mi Walk .25 mi Jog .25 mi
Week 4	Jog .5 mi Walk .5 mi <i>Repeat 2 times</i>	Jog 1.25 mi Walk .25 mi Jog .5 mi	Jog .5 mi Walk .5 mi <i>Repeat 2 times</i>	Jog .75 mi Walk .25 mi <i>Repeat 2 times</i>	<i>Race!</i>

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

Starter 3K

6 Weeks – 3 Days/Week



	Day 1	Day 2	Day 3
Week 1	Jog .25 mi Walk .25 mi <i>Repeat 4 times</i>	Jog .25 mi Walk .25 mi <i>Repeat 4 times</i>	Jog .25 mi Walk .25 mi <i>Repeat 4 times</i>
Week 2	Jog .25 mi Walk .25 mi <i>Repeat 4 times</i>	Jog .25 mi Walk .25 mi <i>Repeat 4 times</i>	Jog .5 mi Walk .5 mi <i>Repeat 2 times</i>
Week 3	Jog .25 mi Walk .25 mi <i>Repeat 4 times</i>	Jog .5 mi Walk .5 mi <i>Repeat 2 times</i>	Jog .75 mi Walk .25 mi <i>Repeat 2 times</i>
Week 4	Jog .25 mi Walk .25 mi <i>Repeat 4 times</i>	Jog .5 mi Walk .5 mi <i>Repeat 2 times</i>	Jog 1 mi Walk .5 mi Jog .5 mi
Week 5	Jog .5 mi Walk .5 mi <i>Repeat 2 times</i>	Jog .75 mi Walk .25 mi <i>Repeat 2 times</i>	Jog 1 mi Walk .25 mi Jog .75 mi
Week 6	Jog .5 mi Walk .5 mi <i>Repeat 2 times</i>	Jog 1 mi Walk .5 mi Jog .5 mi	Race!

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

Starter 3K

6 Weeks – 4 Days/Week



	Day 1	Day 2	Day 3	Day 4
Week 1	Jog .25 mi Walk .25 mi <i>Repeat 4 times</i>	Jog .25 mi Walk .25 mi <i>Repeat 4 times</i>	Jog .25 mi Walk .25 mi <i>Repeat 4 times</i>	Jog .5 mi Walk .5 mi <i>Repeat 2 times</i>
Week 2	Jog .25 mi Walk .25 mi <i>Repeat 4 times</i>	Jog .5 mi Walk .5 mi <i>Repeat 2 times</i>	Jog .25 mi Walk .25 mi <i>Repeat 4 times</i>	Jog .5 mi Walk .5 mi <i>Repeat 2 times</i>
Week 3	Jog .25 mi Walk .25 mi <i>Repeat 4 times</i>	Jog .5 mi Walk .5 mi <i>Repeat 2 times</i>	Jog .25 mi Walk .25 mi <i>Repeat 4 times</i>	Jog .75 mi Walk .25 mi <i>Repeat 2 times</i>
Week 4	Jog .25 mi Walk .25 mi <i>Repeat 4 times</i>	Jog .5 mi Walk .5 mi <i>Repeat 2 times</i>	Jog .5 mi Walk .5 mi <i>Repeat 2 times</i>	Jog 1.25 mi Walk .5 mi Jog .25 mi
Week 5	Jog .25 mi Walk .25 mi <i>Repeat 4 times</i>	Jog .75 mi Walk .25 mi <i>Repeat 2 times</i>	Jog .5 mi Walk .5 mi <i>Repeat 2 times</i>	Jog 1.5 mi Walk .25 mi Jog .25 mi
Week 6	Jog .5 mi Walk .5 mi <i>Repeat 2 times</i>	Jog 1.25 mi Walk .5 mi Jog .25 mi	Jog .5 mi Walk .5 mi <i>Repeat 2 times</i>	Race!

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

Starter 3K

6 Weeks – 5 Days/Week



	Day 1	Day 2	Day 3	Day 4	Day 5
Week 1	Jog .25 mi Walk .25 mi <i>Repeat 4 times</i>	Jog .25 mi Walk .25 mi <i>Repeat 4 times</i>	Jog .25 mi Walk .25 mi <i>Repeat 4 times</i>	Jog .25 mi Walk .25 mi <i>Repeat 4 times</i>	Jog .5 mi Walk .5 mi <i>Repeat 2 times</i>
Week 2	Jog .25 mi Walk .25 mi <i>Repeat 4 times</i>	Jog .5 mi Walk .5 mi <i>Repeat 2 times</i>	Jog .25 mi Walk .25 mi <i>Repeat 4 times</i>	Jog .25 mi Walk .25 mi <i>Repeat 4 times</i>	Jog .5 mi Walk .5 mi <i>Repeat 2 times</i>
Week 3	Jog .25 mi Walk .25 mi <i>Repeat 4 times</i>	Jog .5 mi Walk .5 mi <i>Repeat 2 times</i>	Jog .25 mi Walk .25 mi <i>Repeat 4 times</i>	Jog .5 mi Walk .5 mi <i>Repeat 2 times</i>	Jog .75 mi Walk .25 mi <i>Repeat 2 times</i>
Week 4	Jog .25 mi Walk .25 mi <i>Repeat 4 times</i>	Jog .5 mi Walk .5 mi <i>Repeat 2 times</i>	Jog .25 mi Walk .25 mi <i>Repeat 4 times</i>	Jog .75 mi Walk .25 mi <i>Repeat 2 times</i>	Jog 1.25 mi Walk .5 mi Jog .25 mi
Week 5	Jog .25 mi Walk .25 mi <i>Repeat 4 times</i>	Jog .75 mi Walk .25 mi <i>Repeat 2 times</i>	Jog .5 mi Walk .5 mi <i>Repeat 2 times</i>	Jog .75 mi Walk .25 mi <i>Repeat 2 times</i>	Jog 1.5 mi Walk .25 mi Jog .25 mi
Week 6	Jog .25 mi Walk .25 mi <i>Repeat 4 times</i>	Jog 1.25 mi Walk .5 mi Jog .25 mi	Jog .5 mi Walk .5 mi <i>Repeat 2 times</i>	Jog .75 mi Walk .25 mi <i>Repeat 2 times</i>	Race!

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

Starter 3K

7 Weeks – 3 Days/Week



	Day 1	Day 2	Day 3
Week 1	Jog .25 mi Walk .25 mi <i>Repeat 4 times</i>	Jog .25 mi Walk .25 mi <i>Repeat 4 times</i>	Jog .25 mi Walk .25 mi <i>Repeat 4 times</i>
Week 2	Jog .25 mi Walk .25 mi <i>Repeat 4 times</i>	Jog .25 mi Walk .25 mi <i>Repeat 4 times</i>	Jog .5 mi Walk .5 mi <i>Repeat 2 times</i>
Week 3	Jog .25 mi Walk .25 mi <i>Repeat 4 times</i>	Jog .5 mi Walk .5 mi <i>Repeat 2 times</i>	Jog .75 mi Walk .25 mi <i>Repeat 2 times</i>
Week 4	Jog .25 mi Walk .25 mi <i>Repeat 4 times</i>	Jog .5 mi Walk .5 mi <i>Repeat 2 times</i>	Jog 1 mi Walk .5 mi Jog .5 mi
Week 5	Jog .25 mi Walk .25 mi <i>Repeat 4 times</i>	Jog .75 mi Walk .25 mi <i>Repeat 2 times</i>	Jog 1.25 mi Walk .5 mi Jog .25 mi
Week 6	Jog .5 mi Walk .5 mi <i>Repeat 2 times</i>	Jog 1 mi Walk .5 mi Jog .5 mi	Jog 1.25 mi Walk .25 mi Jog .5 mi
Week 7	Jog .5 mi Walk .5 mi <i>Repeat 2 times</i>	Jog 1.25 mi Walk .5 mi Jog .25 mi	Race!

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

Starter 3K

7 Weeks – 4 Days/Week



	Day 1	Day 2	Day 3	Day 4
Week 1	Jog .25 mi Walk .25 mi <i>Repeat 4 times</i>	Jog .25 mi Walk .25 mi <i>Repeat 4 times</i>	Jog .25 mi Walk .25 mi <i>Repeat 4 times</i>	Jog .5 mi Walk .5 mi <i>Repeat 2 times</i>
Week 2	Jog .25 mi Walk .25 mi <i>Repeat 4 times</i>	Jog .5 mi Walk .5 mi <i>Repeat 2 times</i>	Jog .25 mi Walk .25 mi <i>Repeat 4 times</i>	Jog .5 mi Walk .5 mi <i>Repeat 2 times</i>
Week 3	Jog .25 mi Walk .25 mi <i>Repeat 4 times</i>	Jog .5 mi Walk .5 mi <i>Repeat 2 times</i>	Jog .25 mi Walk .25 mi <i>Repeat 4 times</i>	Jog .75 mi Walk .25 mi <i>Repeat 2 times</i>
Week 4	Jog .25 mi Walk .25 mi <i>Repeat 4 times</i>	Jog .5 mi Walk .5 mi <i>Repeat 2 times</i>	Jog .25 mi Walk .25 mi <i>Repeat 4 times</i>	Jog 1 mi Walk .5 mi Jog .5 mi
Week 5	Jog .25 mi Walk .25 mi <i>Repeat 4 times</i>	Jog .75 mi Walk .25 mi <i>Repeat 2 times</i>	Jog .5 mi Walk .5 mi <i>Repeat 2 times</i>	Jog 1 mi Walk .25 mi Jog .75 mi
Week 6	Jog .25 mi Walk .25 mi <i>Repeat 4 times</i>	Jog .75 mi Walk .25 mi <i>Repeat 2 times</i>	Jog .5 mi Walk .5 mi <i>Repeat 2 times</i>	Jog 1.25 mi Walk .25 mi Jog .5 mi
Week 7	Jog .5 mi Walk .5 mi <i>Repeat 2 times</i>	Jog 1 mi Walk .5 mi Jog .5 mi	Jog .75 mi Walk .25 mi <i>Repeat 2 times</i>	Race!

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

Starter 3K

7 Weeks – 5 Days/Week



	Day 1	Day 2	Day 3	Day 4	Day 5
Week 1	Jog .25 mi Walk .25 mi <i>Repeat 4 times</i>	Jog .25 mi Walk .25 mi <i>Repeat 4 times</i>	Jog .25 mi Walk .25 mi <i>Repeat 4 times</i>	Jog .25 mi Walk .25 mi <i>Repeat 4 times</i>	Jog .5 mi Walk .5 mi <i>Repeat 2 times</i>
Week 2	Jog .25 mi Walk .25 mi <i>Repeat 4 times</i>	Jog .5 mi Walk .5 mi <i>Repeat 2 times</i>	Jog .25 mi Walk .25 mi <i>Repeat 4 times</i>	Jog .25 mi Walk .25 mi <i>Repeat 4 times</i>	Jog .5 mi Walk .5 mi <i>Repeat 2 times</i>
Week 3	Jog .25 mi Walk .25 mi <i>Repeat 4 times</i>	Jog .5 mi Walk .5 mi <i>Repeat 2 times</i>	Jog .25 mi Walk .25 mi <i>Repeat 4 times</i>	Jog .5 mi Walk .5 mi <i>Repeat 2 times</i>	Jog .75 mi Walk .25 mi <i>Repeat 2 times</i>
Week 4	Jog .25 mi Walk .25 mi <i>Repeat 4 times</i>	Jog .5 mi Walk .5 mi <i>Repeat 2 times</i>	Jog .25 mi Walk .25 mi <i>Repeat 4 times</i>	Jog .75 mi Walk .25 mi <i>Repeat 2 times</i>	Jog 1 mi Walk .5 mi Jog .5 mi
Week 5	Jog .25 mi Walk .25 mi <i>Repeat 4 times</i>	Jog .75 mi Walk .25 mi <i>Repeat 2 times</i>	Jog .5 mi Walk .5 mi <i>Repeat 2 times</i>	Jog .75 mi Walk .25 mi <i>Repeat 2 times</i>	Jog 1 mi Walk .25 mi Jog .75 mi
Week 6	Jog .25 mi Walk .25 mi <i>Repeat 4 times</i>	Jog .75 mi Walk .25 mi <i>Repeat 2 times</i>	Jog .5 mi Walk .5 mi <i>Repeat 2 times</i>	Jog .75 mi Walk .25 mi <i>Repeat 2 times</i>	Jog 1.25 mi Walk .25 mi Jog .5 mi
Week 7	Jog .25 mi Walk .25 mi <i>Repeat 4 times</i>	Jog 1 mi Walk .25 mi Jog .75 mi	Jog .5 mi Walk .5 mi <i>Repeat 2 times</i>	Walk 25 minutes	Race!

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