



DOWNTOWN DASH

5K FUN RUN/WALK

Nice job! You've signed up for a 5K – let's talk training.

Use this program as a guide to prepare for your 5K. Whether you're brand new to running or getting back into a routine, consistency matters more than speed. We've included two training options so you can choose what works best for your schedule and experience level:

12-Week Training Plan

- Ideal for beginners or anyone easing back into running
- Allows for gradual progress and extra recovery
- Suggested start date: **Wednesday, February 25, 2026**
- Race-ready for May 20, 2026

8-Week Training Plan

- Great for runners with some base fitness
- Slightly quicker build-up while still prioritizing recovery
- Suggested start date: Wednesday, **March 25, 2026**
- Race-ready for May 20, 2026

Training days and rest days can be switched to accommodate your personal schedule.

Run/Walk Days

Start slow and run at a pace that falls between comfortable and uncomfortable. You should feel challenged but still able to maintain your effort without sprinting.

Distance Days

Run or walk – or a combination of both. Try your best to complete the assigned distance for that week, even if you need breaks.

Yoga for Runners

Stretch sore muscles and support recovery with this Yoga for Runners session led by Paula. Perfect for rest days or after shorter runs.

<https://www.youtube.com/watch?v=PiXOPi6tNsY>



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12 Week Plan

Twelve weeks from now, you'll be glad you started today!

Week	Workout 1	Workout 2	Optional Yoga	Distance Day
1	Run 1 min / Walk 1 min x10 (20 min)	Run 2 / Walk 4 x4 (24 min)	Yoga optional	0.5 mile
2	Run 3 / Walk 3 x4 (24 min)	Run 5 / Walk 3 x3 (24 min)	Yoga optional	1 mile
3	Run 5 / Walk 3 x3 (24 min)	Run 7 / Walk 3 x3 (30 min)	Yoga optional	1.25 miles
4	Run 7 / Walk 2 x3 (27 min)	Run 8 / Walk 4 x2 (24 min)	Yoga optional	1.5 miles
5	Run 9 / Walk 1 x3 (30 min)	Run 10 / Walk 2 x2 (24 min)	Yoga optional	2.0 miles
6	Run 10 / Walk 2 x2 (24 min)	Run 12 / Walk 2 x2 (28 min)	Yoga optional	2.25 miles
7	Run 11 / Walk 2 x2 (26 min)	Run 15 / Walk 2 (17 min)	Yoga optional	2.5 miles



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12 Week Plan

Week	Workout 1	Workout 2	Optional Yoga	Distance Day
8	Run 12 / Walk 2 x2 (28 min)	Run 16 / Walk 2 (18 min)	Yoga optional	2.75 miles
9	Run 15 / Walk 2 (17 min)	Run 18 min steady	Yoga optional	3.0 miles
10	Run 20 min steady	Run 22 min steady	Yoga optional	3.0 miles
11	Run 25 min easy	Run 20 min easy	Yoga optional	2.5 miles
12	Run 15 min easy	Optional walk/stretch	Light yoga	RACE WEEK

Trust the process. Small efforts, repeated often, lead to big results.



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8 Week Plan

Eight weeks from now, you'll be glad you started today!

Week	Workout 1	Workout 2	Optional Yoga	Distance Day
1	Run 1 / Walk 1 x10 (20 min)	Run 2 / Walk 4 x4 (24 min)	Yoga optional	0.5 mile
2	Run 3 / Walk 3 x4 (24 min)	Run 5 / Walk 3 x3 (24 min)	Yoga optional	1 mile
3	Run 5 / Walk 3 x3 (24 min)	Run 7 / Walk 3 x3 (30 min)	Yoga optional	1.5 miles
4	Run 9 / Walk 1 x3 (30 min)	Run 11 / Walk 2 x2 (26 min)	Yoga optional	2.0 miles
5	Run 10 / Walk 2 x2 (24 min)	Run 15 / Walk 2 (17 min)	Yoga optional	2.5 miles
6	Run 12 / Walk 2 x2 (28 min)	Run 18 min steady	Yoga optional	3.0 miles
7	Run 15 min easy	Optional walk/stretch	Yoga optional	Taper
8	Run 10-15 min easy	Stretch/walk		RACE WEEK



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Tips for Proper Running Form

Look Ahead: Your eyes should be focused on the ground about 10 to 20 feet ahead of you. Don't stare at your feet.

Land Midfoot: Try to land on the middle of your foot and then roll through to the front of your toes to prevent injury.

Keep Hands at your Waist: Try to keep your hands at waist level, and arms bent to 90 degrees at your sides. Keep your shoulders relaxed.

Relax Your Hands: As you run, keep your arms and hands as relaxed as possible. You can gently cup your hands as if you are holding an egg and you don't want to break it. Don't clench your fists because it can lead to tightness in the arms, shoulders, and neck.

Check Your Posture: Keep your posture straight and erect. Your head should be up, your back straight, and your shoulder level.

Avoid Bouncing: Try to keep your stride low to the ground and focus on quick stride turnover. Too much up-and-down movement is wasted energy and can be hard on your lower body.