

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 1.5K

4 Weeks – 3 Days/Week



	Day 1	Day 2	Day 3
Week 1	Jog .06 mi Walk .18 mi <i>Repeat 4 times</i>	Jog .06 mi Walk .18 mi <i>Repeat 4 times</i>	Jog .12 mi Walk .12 mi <i>Repeat 4 times</i>
Week 2	Jog .06 mi Walk .18 mi <i>Repeat 4 times</i>	Jog .12 mi Walk .12 mi <i>Repeat 4 times</i>	Jog .12 mi Walk .12 mi <i>Repeat 4 times</i>
Week 3	Jog .06 mi Walk .18 mi <i>Repeat 4 times</i>	Jog .12 mi Walk .12 mi <i>Repeat 4 times</i>	Jog .18 mi Walk .06 mi <i>Repeat 4 times</i>
Week 4	Jog .06 mi Walk .18 mi <i>Repeat 4 times</i>	Jog .12 mi Walk .12 mi <i>Repeat 4 times</i>	Race!

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

Starter 1.5K

4 Weeks – 4 Days/Week



	Day 1	Day 2	Day 3	Day 4
Week 1	Jog .06 mi Walk .18 mi <i>Repeat 4 times</i>	Jog .06 mi Walk .18 mi <i>Repeat 4 times</i>	Jog .06 mi Walk .18 mi <i>Repeat 4 times</i>	Jog .12 mi Walk .12 mi <i>Repeat 4 times</i>
Week 2	Jog .06 mi Walk .18 mi <i>Repeat 4 times</i>	Jog .12 mi Walk .12 mi <i>Repeat 4 times</i>	Jog .06 mi Walk .18 mi <i>Repeat 4 times</i>	Jog .12 mi Walk .12 mi <i>Repeat 4 times</i>
Week 3	Jog .06 mi Walk .18 mi <i>Repeat 4 times</i>	Jog .12 mi Walk .12 mi <i>Repeat 4 times</i>	Jog .06 mi Walk .18 mi <i>Repeat 4 times</i>	Jog .18 mi Walk .06 mi <i>Repeat 4 times</i>
Week 4	Jog .06 mi Walk .18 mi <i>Repeat 4 times</i>	Jog .12 mi Walk .12 mi <i>Repeat 4 times</i>	Jog .06 mi Walk .18 mi <i>Repeat 4 times</i>	Race!

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Starter 1.5K

4 Weeks – 5 Days/Week



	Day 1	Day 2	Day 3	Day 4	Day 5
Week 1	Jog .06 mi Walk .18 mi <i>Repeat 4 times</i>	Jog .06 mi Walk .18 mi <i>Repeat 4 times</i>	Jog .06 mi Walk .18 mi <i>Repeat 4 times</i>	Jog .06 mi Walk .18 mi <i>Repeat 4 times</i>	Jog .12 mi Walk .12 mi <i>Repeat 4 times</i>
Week 2	Jog .06 mi Walk .18 mi <i>Repeat 4 times</i>	Jog .12 mi Walk .12 mi <i>Repeat 4 times</i>	Jog .06 mi Walk .18 mi <i>Repeat 4 times</i>	Jog .12 mi Walk .12 mi <i>Repeat 4 times</i>	Jog .12 mi Walk .12 mi <i>Repeat 4 times</i>
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Starter 1.5K

5 Weeks – 3 Days/Week



	Day 1	Day 2	Day 3
Week 1	Jog .06 mi Walk .18 mi <i>Repeat 4 times</i>	Jog .06 mi Walk .18 mi <i>Repeat 4 times</i>	Jog .12 mi Walk .12 mi <i>Repeat 4 times</i>
Week 2	Jog .06 mi Walk .18 mi <i>Repeat 4 times</i>	Jog .06 mi Walk .18 mi <i>Repeat 4 times</i>	Jog .12 mi Walk .12 mi <i>Repeat 4 times</i>
Week 3	Jog .06 mi Walk .18 mi <i>Repeat 4 times</i>	Jog .12 mi Walk .12 mi <i>Repeat 4 times</i>	Jog .12 mi Walk .12 mi <i>Repeat 4 times</i>
Week 4	Jog .06 mi Walk .18 mi <i>Repeat 4 times</i>	Jog .12 mi Walk .12 mi <i>Repeat 4 times</i>	Jog .18 mi Walk .06 mi <i>Repeat 4 times</i>
Week 5	Jog .12 mi Walk .12 mi <i>Repeat 4 times</i>	Jog .12 mi Walk .12 mi <i>Repeat 4 times</i>	Race!

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Starter 1.5K

5 Weeks – 4 Days/Week



	Day 1	Day 2	Day 3	Day 4
Week 1	Jog .06 mi Walk .18 mi <i>Repeat 4 times</i>	Jog .06 mi Walk .18 mi <i>Repeat 4 times</i>	Jog .06 mi Walk .18 mi <i>Repeat 4 times</i>	Jog .12 mi Walk .12 mi <i>Repeat 4 times</i>
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Starter 1.5K

5 Weeks – 5 Days/Week



	Day 1	Day 2	Day 3	Day 4	Day 5
Week 1	Jog .06 mi Walk .18 mi <i>Repeat 4 times</i>	Jog .06 mi Walk .18 mi <i>Repeat 4 times</i>	Jog .06 mi Walk .18 mi <i>Repeat 4 times</i>	Jog .06 mi Walk .18 mi <i>Repeat 4 times</i>	Jog .12 mi Walk .12 mi <i>Repeat 4 times</i>
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