

# 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!**

# Intermediate 5K

8 Weeks – 3 Days/Week



	Recovery	Pace	Distance
Week 1	4 mi	40 min	4 mi
Week 2	3 mi	40 min	5 mi
Week 3	4 mi	40 min	6 mi
Week 4	4 mi	45 min	3 mi
Week 5	3 mi	40 min	7 mi
Week 6	4 mi	50 min	6 mi
Week 7	4 mi	45 min	7 mi
Week 8	3 mi	30 min	<b><i>Race!</i></b>

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

Copyright 2017 Bukket Games.  
For personal use only.

# Intermediate 5K

8 Weeks – 4 Days/Week



	Recovery	Pace	Recovery	Distance
Week 1	3 mi	40 min	4 mi	4 mi
Week 2	3 mi	45 min	4 mi	5 mi
Week 3	3 mi	45 min	3 mi	6 mi
Week 4	4 mi	45 min	4 mi	3 mi
Week 5	3 mi	40 min	4 mi	7 mi
Week 6	4 mi	45 min	4 mi	6 mi
Week 7	4 mi	50 min	4 mi	7 mi
Week 8	3 mi	20 min	2 mi	<b>Race!</b>

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

Copyright 2017 Bukket Games.  
For personal use only.

# Intermediate 5K

8 Weeks – 5 Days/Week



	Recovery	Pace	Recovery	Pace	Distance
<b>Week 1</b>	3 mi	3 mi	4 mi	30 min	4 mi
<b>Week 2</b>	3 mi	3 mi	4 mi	30 min	5 mi
<b>Week 3</b>	3 mi	2 mi	4 mi	30 min	6 mi
<b>Week 4</b>	3 mi	3 mi	4 mi	30 min	3 mi
<b>Week 5</b>	3 mi	3 mi	4 mi	30 min	7 mi
<b>Week 6</b>	3 mi	3 mi	5 mi	35 min	6 mi
<b>Week 7</b>	3 mi	3 mi	5 mi	35 min	7 mi
<b>Week 8</b>	3 mi	2 mi	2 mi	20	<b><i>Race!</i></b>

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

Copyright 2017 Bukket Games.  
For personal use only.

# Intermediate 5K

10 Weeks – 3 Days/Week



	Recovery	Pace	Distance
Week 1	4 mi	40 min	4 mi
Week 2	4 mi	40 min	5 mi
Week 3	3 mi	35 min	3 mi
Week 4	4 mi	45 min	5 mi
Week 5	4 mi	45 min	6 mi
Week 6	4 mi	40 min	7 mi
Week 7	4 mi	50 min	3 mi
Week 8	4 mi	50 min	6 mi
Week 9	4 mi	45 min	7 mi
Week 10	3 mi	30 min	<b><i>Race!</i></b>

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

Copyright 2017 Bukket Games.  
For personal use only.

# Intermediate 5K

10 Weeks – 4 Days/Week



	Recovery	Pace	Recovery	Distance
Week 1	3 mi	40 min	4 mi	4 mi
Week 2	3 mi	40 min	4 mi	5 mi
Week 3	3 mi	35 min	3 mi	3 mi
Week 4	3 mi	45 min	4 mi	5 mi
Week 5	3 mi	40 min	4 mi	6 mi
Week 6	3 mi	40 min	4 mi	7 mi
Week 7	4 mi	45 min	4 mi	3 mi
Week 8	4 mi	50 min	4 mi	6 mi
Week 9	4 mi	45 min	4 mi	7 mi
Week 10	3 mi	20 min	2 mi	<b><i>Race!</i></b>

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

Copyright 2017 Bukket Games.  
For personal use only.

# Intermediate 5K

10 Weeks – 5 Days/Week



	Recovery	Pace	Recovery	Pace	Distance
<b>Week 1</b>	3 mi	3 mi	4 mi	25 min	4 mi
<b>Week 2</b>	2 mi	3 mi	4 mi	30 min	5 mi
<b>Week 3</b>	2 mi	3 mi	4 mi	25 min	3 mi
<b>Week 4</b>	3 mi	2 mi	4 mi	30 min	5 mi
<b>Week 5</b>	2 mi	3 mi	4 mi	30 min	6 mi
<b>Week 6</b>	2 mi	3 mi	4 mi	30 min	7 mi
<b>Week 7</b>	3 mi	3 mi	4 mi	30 min	3 mi
<b>Week 8</b>	3 mi	3 mi	5 mi	35 min	6 mi
<b>Week 9</b>	3 mi	3 mi	4 mi	35 min	7 mi
<b>Week 10</b>	3 mi	2 mi	2 mi	20 min	<b><i>Race!</i></b>

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

Copyright 2017 Bukket Games.  
For personal use only.

# Intermediate 5K

12 Weeks – 3 Days/Week



	Recovery	Pace	Distance
Week 1	4 mi	40 min	4 mi
Week 2	4 mi	40 min	4 mi
Week 3	4 mi	40 min	5 mi
Week 4	3 mi	35 min	3 mi
Week 5	4 mi	40 min	5 mi
Week 6	4 mi	40 min	6 mi
Week 7	4 mi	45 min	3 mi
Week 8	4 mi	40 min	6 mi
Week 9	4 mi	45 min	7 mi
Week 10	4 mi	50 min	3 mi
Week 11	4 mi	50 min	7 mi
Week 12	3 mi	30 min	<b>Race!</b>

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

Copyright 2017 Bukket Games.  
For personal use only.



# Intermediate 5K

12 Weeks – 4 Days/Week



	Recovery	Pace	Recovery	Distance
Week 1	3 mi	40 min	4 mi	4 mi
Week 2	3 mi	40 min	4 mi	4 mi
Week 3	3 mi	40 min	4 mi	5 mi
Week 4	3 mi	35 min	4 mi	3 mi
Week 5	3 mi	40 min	4 mi	5 mi
Week 6	3 mi	40 min	4 mi	6 mi
Week 7	3 mi	40 min	3 mi	3 mi
Week 8	4 mi	45 min	4 mi	6 mi
Week 9	4 mi	45 min	4 mi	7 mi
Week 10	3 mi	45 min	4 mi	3 mi
Week 11	4 mi	50 min	4 mi	7 mi
Week 12	3 mi	20 min	2 mi	<b>Race!</b>

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

Copyright 2017 Bukket Games.  
For personal use only.

# Intermediate 5K

12 Weeks – 5 Days/Week



	Recovery	Pace	Recovery	Pace	Distance
<b>Week 1</b>	3 mi	2 mi	4 mi	25 min	4 mi
<b>Week 2</b>	3 mi	3 mi	4 mi	30 min	4 mi
<b>Week 3</b>	3 mi	3 mi	4 mi	30 min	5 mi
<b>Week 4</b>	2 mi	2 mi	3 mi	25 min	3 mi
<b>Week 5</b>	2 mi	2 mi	4 mi	30 min	5 mi
<b>Week 6</b>	3 mi	2 mi	4 mi	30 min	6 mi
<b>Week 7</b>	3 mi	2 mi	4 mi	30 min	3 mi
<b>Week 8</b>	3 mi	3 mi	4 mi	30 min	6 mi
<b>Week 9</b>	3 mi	3 mi	4 mi	30 min	7 mi
<b>Week 10</b>	3 mi	3 mi	4 mi	30 min	3 mi
<b>Week 11</b>	3 mi	3 mi	4 mi	35 min	7 mi
<b>Week 12</b>	3 mi	2 mi	2 mi	20 min	<b><i>Race!</i></b>

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

Copyright 2017 Bukket Games.  
For personal use only.