Achilles Freedom Team
Beginners 5K Training Program

This is an 8 week program designed for new members of the Achilles Freedom Team who are looking to walk, jog or run their first 5k. We will start you off easy with the goal of getting you to run 3.1 miles to the finish line! You are welcome to reach out to your Coach Michael Anderson (RRCA Level 1 Running Coach and Achilles NYC Chapter Director) any time at manderson@achillesinternational.org with questions about any of this training program or to set up a time for a coaching consultation.

If you are a hand cyclist, please review our program for hand cyclists, which can be found in this same presentation. If you are an experienced runner and are looking for something more challenging, do not hesitate to reach out to Coach Mike at manderson@achillesinternational.org
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A Few Things to keep in mind before you start

- Be sure that you have the okay from your Doctor to start regular walking, running and building up to run a 5k race.
- Have fun! Chances are that you are new to running. Ease into it. This is an 8 week program. It will take some time to start seeing results. Stick to the plan and you’ll be glad you did!
- Gradual Buildup is key! Remember the 10% Rule. Never add more than 10% week to week. If you run/walk 10 miles one week, the next week should not be more than 11 miles.
- Connect with the rest of your community. Don’t hesitate to reach out to Janet, your fellow team members or Coach Mike to check in on your progress.
- Be Flexible! If your coach recommends that you do a run on a Monday but you have family obligations and need to do it the following day, that’s totally fine. As long as you hit your goal for the week… which brings us to…
- Don’t cram! If you missed out on a few runs, that’s okay. Don’t add those runs to the following week. Rather, check in with your coach to make a plan for making adjustments.
- Don’t run through an injury. If you are experiencing a good deal of pain, it’s time for some rest and time to see your Doctor or a Physical Therapist.
- Make sure that you have new running shoes! Visit a running store and not a sporting goods store to make sure that you are getting the best sneakers for your needs.
- It’s time to get started!
Week 1

MONDAY: Run 1 minute, Walk 1 minute. Do this for 10 times Your breathing should be easy. Don’t pay attention to the distance just yet.

TUESDAY: Stretch it out! Have a look at the Achilles International YouTube page for some great videos on Yoga or stretching throughout the program.

WEDNESDAY: Strength Day! Visit the Achilles International YouTube page for a light strength workouts throughout the program.

THURSDAY: Run 1 minute, Walk 1 minute. Do this 10 times.

FRIDAY: Stretching! Okay to do some light Yoga.

SATURDAY: Run 90 seconds, Walk 1 Minute. Do this 10 times.

SUNDAY: OFF Day! Light stretching okay.
Week 2

MONDAY: Run 90 seconds, Walk 1 minute. Do this 10 times.

TUESDAY: Stretch it out! Yoga or stretching.

WEDNESDAY: Strength Day!

THURSDAY: Run 90 seconds, Walk 1 minute. Do this 10 times.

FRIDAY: Stretching! Okay to do some light Yoga.

SATURDAY: Run 2 minutes, Walk 1 Minute. Do this 10 times.

SUNDAY: OFF Day! Light stretching okay.
Week 3

MONDAY: Run 3 minutes, Walk 1 minute. Do this 8 times. *If you struggle with getting to 8, shoot for 6-7 the following session.

TUESDAY: Stretch it out! Yoga or stretching.

WEDNESDAY: Strength Day!

THURSDAY: Run 3 minutes, Walk 1 minute. Do this 8 times. *See above if you struggled on Monday

FRIDAY: Stretching! Okay to do some light Yoga.

SATURDAY: Run 4 minutes, Walk 1 minute. Do this 6 times.

SUNDAY: OFF Day! Light stretching okay.
Week 4

MONDAY: Run 4 minutes, Walk 1 minute. Do this 6 times.

TUESDAY: Stretch it out! Yoga or stretching.

WEDNESDAY: Strength Day!

THURSDAY: Run 5 minutes, Walk 1 minute. Do this 5 times.

FRIDAY: Stretching! Okay to do some light Yoga.

SATURDAY: Run 5 minutes, Walk 1 minute. Do this 5 times.

SUNDAY: OFF Day! Light stretching okay.
Week 5

MONDAY: 5 Minutes, Walk 30 Seconds. Do this 5 Times

TUESDAY: Stretch it out! Yoga or stretching.

WEDNESDAY: Strength Day!

THURSDAY: Run 1 Mile. You got this!

FRIDAY: Stretching! Okay to do some light Yoga.

SATURDAY: Run 1 Mile. Walk 1 Minute. Run ½ Mile.

SUNDAY: OFF Day! Light stretching okay.
Week 6

MONDAY: Run 1.5 Miles.

TUESDAY: Stretch it out! Yoga or stretching.

WEDNESDAY: Strength Day!

THURSDAY: Run 1.5 Miles. Walk 1 minute. Run ½ Mile

FRIDAY: Stretching! Okay to do some light Yoga.

SATURDAY: Run 2 Miles.

SUNDAY: OFF Day! Light stretching okay.
Week 7

MONDAY: Run 1.5 Miles. Walk 1 minute. Run 1 Mile.

TUESDAY: Stretch it out! Yoga or stretching.

WEDNESDAY: Strength Day!

THURSDAY: Run 2 Miles. Walk 1 minute. Run 1 Mile.

FRIDAY: Stretching! Okay to do some light Yoga.

SATURDAY: Run 3 Miles

SUNDAY: OFF Day! Light stretching okay.
Week 8 RACE WEEK!

Be sure to check out our Race Week and Race Day Tips on the next page.

MONDAY: Run 2.5 Miles.

TUESDAY: Stretch it out! Yoga or stretching.

WEDNESDAY: DAY OFF!

THURSDAY: Run 2 Miles.

FRIDAY: REST DAY! DAY OFF! Hydrate and get a good night’s rest!

SATURDAY or SUNDAY: Race Day! You’ve Got this! Go Achilles Freedom Team!!
Race Week and Race Day Tips

- Get plenty of rest! Be sure to get a good night’s sleep two nights before the race in addition to the night before. Just in case you have trouble sleeping the night before the race, you’ll be in a good place if you start with sleeping great two nights before.
- Hydrate! Drink water as needed. 6-8 glasses per day is best and be sure to drink at least 16 oz. of water on race morning.
- Do not ‘carbo load’. While it is a good idea to add a small amount of healthy carbs into your diet on race week, do not have a big bowl of pasta the night before. You will feel heavy and will have low energy. Stick to a healthy meal containing veggies and proteins… a few carbs are okay!
- Have a light breakfast two hours before the race and a small protein or energy bar 45 minutes before. *Stick to your routine and don’t try anything new!*
- Stick to the plan!! The key to success with racing, whether it’s your first or 15th, is to stick to your routine. This is not the time to be trying a new energy drink or gel.
- Don’t go out too fast! You’ve put in the training and your body will be feeling great! Be careful not to start out too fast. Better to run the first mile a little bit too slowly than too fast. Aim to ‘negative split’ meaning that the second half your race should be faster than the first Half.
- Avoid dairy and spicy foods. They can mess up your race day plan.
- Have Fun! Smile when you cross the finish line. Thank the volunteers and be sure to post your pictures to social media. Not on social media? Send them to Janet!
- For more nutrition tips, please have a look at Coach Tom’s Hand Cycling workout.
About Coach Mike

Michael Anderson is an RRCA Level 1 Certified Coach and has been the Director of the Achilles NYC Chapter since April of 2017. He has run over 25 marathons including 11 consecutive Boston Marathon finishes and has competed in over 350 races in the US, Canada, Europe and Japan.

As a coach, Michael has worked with Achilles athletes of all skill levels, helping those with health risks to walk their first mile, supporting runners taking on their first 5k and he has coached runners to multiple Marathon PRs and Boston Qualifiers.