



## *Together We Run*

### Training for Individuals with PWS - 5k

\*\* This training plan can be used for any 5k race. To begin, insert your race day and work the calendar backwards to create your training start date. This plan is created to help individuals have success while building time in physical activity. The gradual progression is intentional to build confidence and participation in a gentle way. \*\*

Week count	Date	Training Run 1	Training Run 2	Training Run 3	Long Run
1		10 minutes	10 minutes	12 minutes	0.5 miles
2		10	12	12	0.5 miles
3		10	12	14	0.75 miles
4		12	14	15	0.75 miles
5		15	15	20	1.0 mile
6		15	20	20	1.0 mile
7		15	20	25	1.25 miles
8		20	20	25	1.25 miles
9		20	20	30	1.5 miles
10		20	30	35	1.5 miles
11		20	30	40	2.0 miles
12		20	30	40	2.0 miles
13		25	30	45	2.0 miles
14		25	35	50	2.5 miles
15		30	35	50	2.5 miles
16		30	40	60	3.0 miles
17		30	40	60	3.0 miles
18		30	40	60	3.1 miles
19		30	45	30	2.0 miles
20		30	30	rest	5K RACE

Example: If you are training for the 5k race in Gainesville, FL 3/5/2022, your training begins 10/18/2021.

If you have any questions or need assistance. Please reach out to [tbuck@brenau.edu](mailto:tbuck@brenau.edu).

Happy running and walking!

*Tammy Buck, PT, DPT, PCS*

<https://www.RunningForResearchPWS.com>