

DEAN KARNAZES' 5K TRAINING PLAN



Whether it's your first race or you want to push your pace, this 10-week 5K training plan from Fitbit Ambassador and ultramarathoner Dean Karnazes will guide your journey. Popularized by Jeff Galloway, the run/walk technique allows the body a brief reprieve between bouts of stronger exertion and helps prevent lactic acid buildup. *This plan is designed for new runners and walkers looking to transition into running.*

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
1	Rest	Run 2 minutes Walk 1 minute Repeat 10x	Brisk 30-minute walk	Run 1 minute Walk 2 minutes Repeat 10x	Brisk 30-minute walk	Run 1 minute Walk 2 minutes Repeat 10x	Run 1 minute Walk 2 minutes Repeat 10x
2	Rest	Run 2 minutes Walk 1 minute Repeat 10x	Brisk 30-minute walk	Run 3 minutes Walk 1 minute Repeat 7x Run 2 minutes	Brisk 30-minute walk	Run 4 minutes Walk 1 minute Repeat 6x	Run 4 minutes Walk 1 minute Repeat 6x
3	Rest	Run 5 minutes Walk 1 minute Repeat 5x	Brisk 30-minute walk	Run 5 minutes Walk 1 minute Repeat 5x	Brisk 30-minute walk	Run 6 minutes Walk 1 minute Repeat 4x Run 2 minutes	Run 6 minutes Walk 1 minute Repeat 4x Run 2 minutes
4	Rest	Run 8 minutes Walk 1 minute Repeat 3x Run 3 minutes	Brisk 30-minute walk	Run 9 minutes Walk 1 minute Repeat 3x	Brisk 30-minute walk	Run 10 minutes Walk 1 minute Repeat 2x Run 8 minutes	Run 11 minutes Walk 1 minute Repeat 2x Run 6 minutes
5	Rest	Run 12 minutes Walk 1 minute Repeat 2x Run 4 minutes	Brisk 30-minute walk	Run 13 minutes Walk 1 minute Repeat 2x Run 2 minutes	Brisk 30-minute walk	Run 14 minutes Walk 2 minutes Repeat 2x	Run 15 minutes Walk 1 minute Run 14 minutes
6	Rest	Run 16 minutes Walk 1 minute Run 13 minutes	Brisk 30-minute walk	Run 17 minutes Walk 1 minute Run 12 minutes	Brisk 30-minute walk	Run 18 minutes Walk 1 minute Run 11 minutes	Run 15 minutes Walk 1 minute Repeat 2x Run 8 minutes
7	Rest	Run 20 minutes Walk 1 minute Run 9 minutes	Run 20 minutes Walk 1 minute Run 9 minutes	Run 22 minutes Walk 1 minute Run 7 minutes	Brisk 30-minute walk	Run 24 minutes Walk 1 minute Run 5 minutes	Run 26 minutes Walk 1 minute Run 3 minutes
8	Rest	Run 27 minutes Walk 1 minute Run 2 minutes	Run 20 minutes Walk 1 minute Run 9 minutes	Run 28 minutes Walk 1 minute Run 1 minute	Brisk 30-minute walk	Run 29 minutes Walk 1 minute	Run 30 minutes
9	Rest	Run 20 minutes Walk 1 minute Run 9 minutes	Run 20 minutes Walk 1 minute Run 9 minutes	Run 22 minutes Walk 1 minute Run 9 minutes	Brisk 30-minute walk	Run 24 minutes Walk 1 minute Run 5 minutes	Run 26 minutes Walk 1 minute Run 3 minutes
10	Rest	Run 20 minutes Walk 1 minute Run 9 minutes	Run 22 minutes Walk 1 minute Run 7 minutes	Run 20 minutes Walk 1 minute Run 9 minutes	Run 15 minutes Walk 5 minutes	Walk 20 minutes	Race Day!

Dean Karnazes' 5K Training Tips

TRUST YOUR TRAINING:

This gradual plan is designed to get your body accustomed to running for sustained periods of time. Be patient and pace yourself, your body will adapt over time and things will get easier.

NUTRITION:

Proper nutrition can help maximize performance, quicken recovery and improve training efficiency. Overall, my advice is, "Listen to everyone; follow no one." We're all different—so experiment with food to find what works best to keep you energized.

HYDRATION:

The right hydration can mean the difference between the best and worst race of your life. Start with plain H₂O and avoid sugary sports drinks. To determine how much to drink during the race, pay attention to your sweat loss and outside temps.

APPAREL:

The right apparel can help keep you cool and dry, while preventing chafing and discomfort. Choose moisture-wicking, technical fabrics, and try to avoid cotton. In cooler temps, wear a base-layer underneath a shell, then add arm sleeves, gloves and a running cap when temperatures really drop.

CROSS-TRAINING:

I recommend incorporating strength-building to boost performance and prevent injury. My preference is high-intensity training routines that use bodyweight, exercises like pushups and lunges. It doesn't take a lot of time, and has many benefits.

RACE PREPARATION:

Being prepared can help reduce pre-race jitters. Simple things, like choosing your running outfit the night before and knowing what you're having for breakfast, can help everything go smoothly. And if you're driving to the race, arrive early, as traffic tends to snarl on race morning and parking may take longer than expected.

DEAN'S RACE WEEK ADVICE

Monday	Carry a water bottle with you all day and focus on staying well hydrated.
Tuesday	Try to eat healthy and avoid processed and refined foods for the week—that means nothing from a bag or wrapper.
Wednesday	Set your morning alarm a little late and give yourself 10-15 minutes of extra sleep.
Thursday	Treat yourself to a dinner full of high-quality protein.
Friday	Avoid alcohol, and instead drink unsweetened herbal tea
Saturday	Go light on, or entirely abstain from, caffeine. Avoid high-fiber foods and limit dairy intake. Try to get to bed early.
Race Day	Have the race of your life!



About Dean

Dean Karnazes is an ultramarathoner, motivational speaker and best-selling author, named one of *TIME* magazine's "Top 100 Most Influential People in the World." He once completed 50 marathons in all 50 U.S. states in 50 consecutive days. His adventures have been featured everywhere from *ESPN* to *Newsweek*.

DEAN KARNAZES' HALF-MARATHON TRAINING PLAN

Hit the ground running with this 13-week plan from Fitbit Ambassador and ultramarathoner Dean Karnazes. *This plan is designed for intermediate runners and for beginners who can run X miles without walking.*

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
1	5 miles easy	30 minutes cross-training	3 miles easy	4 miles	20 minutes cross-training	7 miles moderate	3 miles easy
2	6 miles moderate	30 minutes cross-training	3 miles easy	4 miles	20 minutes cross-training	7 miles moderate	3 miles easy
3	6 miles moderate	30 minutes cross-training	3 miles easy	4 miles	20 minutes cross-training	7 miles moderate	3 miles easy
4	6 miles moderate	30 minutes cross-training	3 miles hard	4 miles	20 minutes cross-training	8 miles hard	3 miles easy
5	6 miles moderate	40 minutes cross-training	3 miles easy	Rest	30 minutes cross-training	8 miles hard	3 miles easy
6	7 miles moderate	30 minutes cross-training	3 miles hard	4 miles	20 minutes cross-training	9 miles hard	Rest
7	7 miles moderate	30 minutes cross-training	3 miles easy	4 miles	20 minutes cross-training	9 miles hard	3 miles easy
8	7 miles moderate	30 minutes cross-training	3 miles moderate	4 miles	20 minutes cross-training	9 miles hard	3 miles easy
9	7 miles hard	30 minutes cross-training	3 miles easy	4 miles	20 minutes cross-training	10 miles hard	Rest
10	7 miles hard	40 minutes cross-training	3 miles easy	Rest	30 minutes cross-training	10 miles hard	3 miles easy
11	7 miles moderate	30 minutes cross-training	3 miles hard	4 miles	20 minutes cross-training	11 miles hard	Rest
12	7 miles moderate	30 minutes cross-training	3 miles hard	4 miles	20 minutes cross-training	11 miles moderate	3 miles easy
13	5 miles moderate	30 minutes cross-training	3 miles moderate	20 minutes cross-training	3 miles	Rest	Race Day!

Dean Karnazes' Half-Marathon Training Tips

PACE:

Use these guidelines to dictate your pace:

- Easy = Able to maintain a brief conversation
- Moderate = Able to exchange simple words
- Hard = Unable to talk or hold a conversation

TAKE YOUR REST DAYS:

Rest days are essential for mental and physical recovery. Studies show that allowing the body to rest and recover makes it easier to push harder during future workouts.

NUTRITION:

Proper nutrition can help maximize performance, quicken recovery and improve training efficiency. Overall, my nutrition advice is, "Listen to everyone; follow no one." Experiment with different foods to find what works best for you.

HYDRATION:

The right hydration can mean the difference between the best and worst race of your life. Start with plain H₂O and avoid sugary sports drinks. To determine how much to drink during the race, pay attention to your sweat loss and outside temps.

APPAREL:

The right apparel can help keep you cool and dry, while preventing chafing and discomfort. Choose moisture-wicking, technical fabrics, and try to avoid cotton. In cooler temps, wear a base-layer underneath a shell, then add arm sleeves, gloves and a running cap when temperatures really drop

CROSS-TRAINING:

I recommend incorporating strength-building to boost performance and prevent injury. My preference is high-intensity training routines that use bodyweight, exercises like pushups and lunges. It doesn't take a lot of time, and has many benefits.

RACE PREPARATION:

Being prepared can help reduce pre-race jitters. Simple things, like having your running outfit laid out the night before, can go a long way. If you're driving to the race, arrive early, as traffic and parking may be more difficult than expected.

DEAN'S RACE WEEK ADVICE

Monday	Carry a water bottle with you all day and focus on staying well hydrated.
Tuesday	Try to eat healthy and avoid processed and refined foods for the week—that means nothing from a bag or wrapper.
Wednesday	Set your morning alarm a little late and give yourself 10-15 minutes of extra sleep.
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