

ROOKIE 5K TRAINING GUIDE

Your daily program to help you train for a 5k walk/run! You will get stronger, build endurance and increase your self confidence. Make sure to read more about this program in our Hy-Vee KidsFit Blog along the way!

	MON	TUES	WED	THURS	FRI	SAT	SUN
WEEK 1	5 MINUTES: 10 Toe Touches 10 Scorpions <i>Reference: Week 1 Stretch 1</i>	2 ROUNDS: Run 1 Min. Walk 2 Min.	REST DAY	2 ROUNDS: Run 1 Min. Walk 2 Min.	ON THE BLOG: Fit Activity Relay Races	12 Min. Walk	REST DAY
WEEK 2	3 SETS: 30 Sec. Hamstrings 30 Sec. Calf Stretch <i>Reference: Week 1 Stretch 2</i>	2 ROUNDS: Run 2 Min. Walk 2 Min.	REST DAY	2 ROUNDS: Run 2 Min. Walk 2 Min.	ON THE BLOG: Fit Activity Tabata Together	14 Min. Walk	REST DAY
WEEK 3	5 MINUTES: 20 High Knees 20 Inch Worms <i>Reference: Week 1 Stretch 3</i>	2 ROUNDS: Run 2 Min. Walk 2 Min.	REST DAY	3 ROUNDS: Run 2 Min. Walk 2 Min.	ON THE BLOG: Fit Activity Plan & pack a family picnic!	16 Min. Walk	REST DAY
WEEK 4	3 SETS: 30 Sec. Mt. Climbers 30 Sec. Butterfly Stretch <i>Reference: Week 1 Stretch 4</i>	3 ROUNDS: Run 3 Min. Walk 2 Min.	REST DAY	3 ROUNDS: Run 3 Min. Walk 2 Min.	ON THE BLOG: Fit Activity Ride your bike to stay active!	18 Min. Walk	REST DAY
WEEK 5	3 SETS: 10 T-Walk 10 Calf Raises 10 Walking Quad Stretches <i>Reference: Week 1 Stretch 5</i>	3 ROUNDS: Run 4 Min. Walk 2 Min.	REST DAY	3 ROUNDS: Run 4 Min. Walk 2 Min.	ON THE BLOG: Fit Activity Scavenger Hunt	20 Min. Walk	REST DAY
WEEK 6	5 MINUTES: 10 Toe Touches 10 Scorpions <i>Reference: Week 1 Stretch 1</i>	3 ROUNDS: Run 5 Min. Walk 2 Min.	REST DAY	3 ROUNDS: Run 5 Min. Walk 2 Min.	ON THE BLOG: Fit Activity Done in 60 Seconds!	22 Min. Walk	REST DAY
WEEK 7	3 SETS: 30 Sec. Hamstrings 30 Sec. Calf Stretch <i>Reference: Week 1 Stretch 2</i>	3 ROUNDS: Run 6 Min. Walk 2 Min.	REST DAY	3 ROUNDS: Run 6 Min. Walk 2 Min.	ON THE BLOG: Fit Activity Capture the Flag	24 Min. Walk	REST DAY
WEEK 8	5 MINUTES: 20 High Knees 20 Inch Worms <i>Reference: Week 1 Stretch 3</i>	3 ROUNDS: Run 7 Min. Walk 2 Min.	REST DAY	2 ROUNDS: Run 7 Min. Walk 2 Min.	ON THE BLOG: Fit Activity Hot Lava Game	RACE DAY! 5k (3.1 Miles) TIME: Min. _____ Sec. _____	You DID IT! NEW Challenges available. Sign up today!