



**American
Heart
Association®**

LAWYERS HAVE HEART

Lawyers Have Heart Training Plan – 5k

- Before beginning a training program, make sure to visit a specialty running store to get fit for running shoes.
- Begin all workouts with 5-10 minutes of brisk walking to warm up, and finish with 5-10 minutes of walking to cool down.
- Choose three non-consecutive days per week to build up to running continuously, following the progression below.
- All run intervals should be at a conversational effort. If you are breathless, slow down.
- Take a rest day or cross-train (walk, elliptical, cycle, swim) on days in between.
- Be sure to incorporate strength training at least three times/week after running or on non-running days.

Week	Day 1	Day 2	Day 3
Week 1	Run 1 min/Walk 2 min for 30 minutes	Run 1 min/Walk 2 min for 30 minutes	Run 1 min/Walk 2 min for 36 minutes
Week 2	Run 2 min/Walk 2 min for 28 minutes	Run 2 min/Walk 2 min for 32 minutes	Run 2 min/Walk 2 min for 36 minutes
Week 3	Run 4 min/Walk 2 min for 30 minutes	Run 4 min/Walk 2 min for 36 minutes	Run 4 min/Walk 2 min for 42 minutes
Week 4	Run 6 min/Walk 2 min for 24 minutes	Run 6 min/Walk 2 min for 32 minutes	Run 6 min/Walk 2 min for 32 minutes
Week 5	Run 8 min/Walk 2 min for 30 minutes	Run 8 min/Walk 2 min for 30 minutes	Run 8 min/Walk 1 min for 36 minutes
Week 6	Run 10 min/Walk 2 min for 36 min	Run 10 min/Walk 1 min for 33 min	Run 10 min/Walk 2 min for 36 minutes
Week 7	Run 10 min/Walk 1 min for 33 min	Run 25 min (walk break when needed)	Run 30 minutes (walk break when needed)
Week 8	Run 30 min/5 min walk/run 5 min	Run 25 min	Lawyers Have Heart 5K

