

## **Abbott 1M/5K Virtual 4-Week Training Plan Instruction Sheet**

**Program Dates: Sunday, August 22<sup>nd</sup> – Saturday, September 18<sup>th</sup>**

**After signing up for the Abbott 1 mile walk or 5K Virtual Race, you will choose one of the five training plan options:**

- 1 Mile Walker (can be used for treadmill or non-treadmill)
- 5K Walker (treadmill and non-treadmill option to choose from)
- 5K Beginner
- 5K Intermediate
- 5K Advanced

(You will choose which program best suits your fitness level and goal).

In order to receive a gift card or ANPC Swag, all steps below must be completed:

Each week **all four** workouts must be completed. The training program will begin on August 21<sup>st</sup> and will end on September 18<sup>th</sup>. Your worksheet must be filled out and include **all** information pertaining to each day's workout (**date, total distance** and **highest speed** reached during that workout). If you feel you need to change to a higher or lower level program throughout the training, that is perfectly okay! Just make sure to include both plans utilized when you turn in your completed program.

Your training worksheet must be turned into [@Gebhart, Jenna](#) by **EOD - Monday, September 20<sup>th</sup>**. Only programs that have been **fully completed** and turned in by September 20<sup>th</sup> will be eligible for the gift card/swag.

This training plan is suitable for **everyone** and can be completed **anywhere**. The option to use a treadmill is there but is **not necessary** to complete this program. You can use any tracking device (applewatch, fitbit, fitness apps, etc.) for the information needed to complete the program. There are plenty of free walking and running apps that will record your distance and speed (I have included links to these below).

Follow this link for free walking apps:

<https://www.verywellfit.com/best-walking-apps-3434995>

Follow these links for free running apps:

<https://www.bustle.com/p/7-free-running-apps-to-help-you-train-for-a-10k-10078941>

<https://www.shape.com/fitness/training-plans/best-free-apps-runners>

**1M Walking Program – (With or Without Treadmill) Name: \_\_\_\_\_**

Walking Program	Workout 1	Workout 2	Workout 3	Workout 4
Week 1	<b>Date: _____</b> <b>10 Min Walk</b> Total Distance: _____ Highest mph: _____	<b>Date: _____</b> <b>12 Min Walk (incorporate 3 bouts of 20 quicker steps)</b> Total Distance: _____ Highest mph: _____	<b>Date: _____</b> <b>10 Min Walk (incorporate 3 bouts of 20 quicker steps)</b> Total Distance: _____ Highest mph: _____	<b>Date: _____</b> <b>15 Min Walk</b> Total Distance: _____ Highest mph: _____
Week 2	<b>Date: _____</b> <b>12 Min Walk</b> Total Distance: _____ Highest mph: _____	<b>Date: _____</b> <b>14 Min Walk (incorporate 4 bouts of 20 quicker steps)</b> Total Distance: _____ Highest mph: _____	<b>Date: _____</b> <b>12 Min Walk (incorporate 4 bouts of 20 quicker steps)</b> Total Distance: _____ Highest mph: _____	<b>Date: _____</b> <b>21 Min Walk</b> Total Distance: _____ Highest mph: _____
Week 3	<b>Date: _____</b> <b>1 Min Walk 1 Min Brisk Walk Repeat 8 times</b> Total Distance: _____ Highest mph: _____	<b>Date: _____</b> <b>15 Min Walk (incorporate 4 bouts of 25 quicker steps)</b> Total Distance: _____ Highest mph: _____	<b>Date: _____</b> <b>1 Min Walk 1 Min Brisk Walk Repeat 8 times</b> Total Distance: _____ Highest mph: _____	<b>Date: _____</b> <b>24 Min Walk</b> Total Distance: _____ Highest mph: _____
Week 4	<b>Date: _____</b> <b>20 Min Walk (incorporate 5 bouts of 25 quicker steps)</b> Total Distance: _____ Highest mph: _____	<b>Date: _____</b> <b>1 Min Walk 2 Min Brisk Walk Repeat 7 times</b> Total Distance: _____ Highest mph: _____	<b>Date: _____</b> <b>27 Min Walk</b> Total Distance: _____ Highest mph: _____	<b>Date: _____</b> <b>See how far you can walk in 20 minutes today! Push Yourself</b> Total Distance: _____ Highest mph: _____

Start at a slow, comfortable pace and gradually increase your speed to begin your workout. On days that only provide a total time for your walk, for example 24 Min Walk, it is acceptable to break up the walk into 3 sets of 8-minute walks throughout the day if you are physically unable to walk continually for 24 minutes! If you are physically capable of walking for 24 minutes straight, workouts should not be broken up throughout the day. Focus on improving every week and becoming a better YOU 😊

Remember to be eligible for the gift card, you must complete all four workouts and include the date, your total distance and your highest speed (mph) for the workout! Make sure to check out the free apps I included on the instruction sheet to help with tracking speed and distance!

# 5K Walking Program – (No Equipment)

Name: \_\_\_\_\_

Walking Program	Workout 1	Workout 2	Workout 3	Workout 4
Week 1	Date: _____ <b>15 Min Walk</b> Total Distance: _____ Highest mph: _____	Date: _____ <b>1 Min Speed Walk</b> <b>1 Min Walk</b> <b>Repeat 10 times</b> Total Distance: _____ Highest mph: _____	Date: _____ <b>1.5 Mile Walk</b> Total Distance: _____ Highest mph: _____	Date: _____ <b>8 Min Walk</b> <b>1:30 Min Speed Walk</b> <b>2 Min Walk</b> <b>Repeat 4 times</b> <b>8 Min Walk</b> Total Distance: _____ Highest mph: _____
Week 2	Date: _____ <b>20 Min Walk</b> Total Distance: _____ Highest mph: _____	Date: _____ <b>2 Min Speed Walk</b> <b>1 Min Walk</b> <b>Repeat 8 times</b> Total Distance: _____ Highest mph: _____	Date: _____ <b>2 Mile Walk</b> Total Distance: _____ Highest mph: _____	Date: _____ <b>10 Min Walk</b> <b>1:30 Min Speed Walk</b> <b>1 Min Walk</b> <b>Repeat 4 times</b> <b>10 Min Walk</b> Total Distance: _____ Highest mph: _____
Week 3	Date: _____ <b>25 Min Walk</b> Total Distance: _____ Highest mph: _____	Date: _____ <b>3 Min Speed Walk</b> <b>2 Min Walk</b> <b>Repeat 7 times</b> Total Distance: _____ Highest mph: _____	Date: _____ <b>2.5 Mile Walk</b> Total Distance: _____ Highest mph: _____	Date: _____ <b>10 Min Walk</b> <b>2 Min Speed Walk</b> <b>1 Min Walk</b> <b>Repeat 6 times</b> <b>10 Min Walk</b> Total Distance: _____ Highest mph: _____
Week 4	Date: _____ <b>30 Min Walk</b> Total Distance: _____ Highest mph: _____	Date: _____ <b>4 Min Speed Walk</b> <b>2 Min Walk</b> <b>Repeat 6 times</b> Total Distance: _____ Highest mph: _____	Date: _____ <b>3 Mile Walk</b> Total Distance: _____ Highest mph: _____	Date: _____ <b>10 Min Walk</b> <b>3 Min Speed Walk</b> <b>2 Min Walk</b> <b>Repeat 5 times</b> <b>10 Min Walk</b> Total Distance: _____ Highest mph: _____

For any workout that includes red and black instruction, only the red portion is repeated. So for this workout you would walk 8 min. and then repeat the speed walk 1:30 min./walk 2 min., 4 times and then finish the workout with another 8 min. walk for a total workout of 30 minutes.

Each workout should begin with a 5-minute warm-up. Start at a slow, comfortable pace and gradually increase your speed to begin your workout. Only the red portions are repeated. Focus on improving every week and becoming a better YOU 😊

# 5K Walking Program – (Treadmill)

Name: \_\_\_\_\_

Walking Program	Workout 1	Workout 2	Workout 3	Workout 4
Week 1	<b>Date:_____</b> <b>0% 15 mins</b> Total Distance: _____ Highest mph: _____	<b>Date:_____</b> <b>5% 1 min</b> <b>0% 1 min</b> <b>Repeat 7 times</b> Total Distance: _____ Highest mph: _____	<b>Date:_____</b> <b>8% 1 min</b> <b>3% 2 min</b> <b>Repeat 5 times</b> Total Distance: _____ Highest mph: _____	<b>Date:_____</b> <b>6% 1 min</b> <b>4% 1 min</b> <b>2% 2 min</b> <b>Repeat 4 times</b> Total Distance: _____ Highest mph: _____
Week 2	<b>Date:_____</b> <b>0% 20 mins</b> Total Distance: _____ Highest mph: _____	<b>Date:_____</b> <b>7% 1 min</b> <b>2% 1 min</b> <b>Repeat 10 times</b> Total Distance: _____ Highest mph: _____	<b>Date:_____</b> <b>8% 1 min</b> <b>5% 1 min</b> <b>2% 1 min</b> <b>Repeat 7 times</b> Total Distance: _____ Highest mph: _____	<b>Date:_____</b> <b>8% 1 min</b> <b>6% 2 min</b> <b>2% 2 min</b> <b>Repeat 4 times</b> Total Distance: _____ Highest mph: _____
Week 3	<b>Date:_____</b> <b>0% 25 mins</b> Total Distance: _____ Highest mph: _____	<b>Date:_____</b> <b>8.5% 1 min</b> <b>3% 1 min</b> <b>Repeat 11 times</b> Total Distance: _____ Highest mph: _____	<b>Date:_____</b> <b>9% 1 min</b> <b>5% 2 min</b> <b>Repeat 8 times</b> Total Distance: _____ Highest mph: _____	<b>Date:_____</b> <b>10% 1 min</b> <b>5% 1 min</b> <b>2% 2 min</b> <b>Repeat 6 times</b> Total Distance: _____ Highest mph: _____
Week 4	<b>Date:_____</b> <b>0% 30 mins</b> Total Distance: _____ Highest mph: _____	<b>Date:_____</b> <b>10% 1 min</b> <b>5% 1 min</b> <b>Repeat 8 times</b> Total Distance: _____ Highest mph: _____	<b>Date:_____</b> <b>11% 1 min</b> <b>4% 2 min</b> <b>2% 1 min</b> <b>Repeat 6 times</b> Total Distance: _____ Highest mph: _____	<b>Date:_____</b> <b>10% 1 min</b> <b>8% 1 min</b> <b>6% 1 min</b> <b>4% 1 min</b> <b>2% 2 min</b> <b>Repeat 3 times</b> Total Distance: _____ Highest mph: _____

Each workout should begin with a 5-minute warm-up on the treadmill. Start at a slow, comfortable pace and gradually increase your speed and incline to begin your listed workout. Each workout shows differing %, this is referring to the incline you should set your treadmill to. At the end of your workout, record the date, your total distance, which should be displayed on your treadmill. You will also be required to record your highest speed. For example, if your highest speed was 3.8 mph during your workout, that is the speed you will record under “Highest mph”. Focus on improving every week and becoming a better YOU 😊

# 5K Beginner Running Program

Name: \_\_\_\_\_

Beginner Program	Workout 1	Workout 2	Workout 3	Workout 4
Week 1	<b>Date</b> _____  <b>Walk 5 min.</b> <b>Run 1 min.</b> <b>Repeat 3 times</b> Total Distance: _____ Highest mph: _____	<b>Date</b> _____  <b>Walk 4 min.</b> <b>Run 1 min.</b> <b>Repeat 3 times</b> Total Distance: _____ Highest mph: _____	<b>Date</b> _____  <b>Walk 4 min.</b> <b>Run 2 min.</b> <b>Repeat 3 times</b> Total Distance: _____ Highest mph: _____	<b>Date</b> _____  <b>Walk 3 min.</b> <b>Run 3 min.</b> <b>Repeat 3 times</b> Total Distance: _____ Highest mph: _____
Week 2	<b>Date</b> _____  <b>Walk 2 min.</b> <b>Run 4 min.</b> <b>Repeat 3 times</b> Total Distance: _____ Highest mph: _____	<b>Date</b> _____  <b>Walk 2 min.</b> <b>Run 5 min.</b> <b>Repeat 3 times</b> Total Distance: _____ Highest mph: _____	<b>Date</b> _____  <b>Walk 2 min.</b> <b>Run 6 min.</b> <b>Repeat 3 times</b> Total Distance: _____ Highest mph: _____	<b>Date</b> _____  <b>Walk 3 min.</b> <b>Run 7 min.</b> <b>Repeat 2 times</b> Total Distance: _____ Highest mph: _____
Week 3	<b>Date</b> _____  <b>Walk 2 min.</b> <b>Run 8 min.</b> <b>Repeat 2 times</b> Total Distance: _____ Highest mph: _____	<b>Date</b> _____  <b>Walk 2 min.</b> <b>Run 10 min.</b> <b>Repeat 2 times</b> Total Distance: _____ Highest mph: _____	<b>Date</b> _____  <b>Run 12 min.</b> <b>Walk 3 min.</b> <b>Run 6 min.</b> Total Distance: _____ Highest mph: _____	<b>Date</b> _____  <b>Run 13 min.</b> <b>Walk 3 min.</b> <b>Run 5 min.</b> Total Distance: _____ Highest mph: _____
Week 4	<b>Date</b> _____  <b>Run 14 min.</b> <b>Walk 3 min.</b> <b>Run 5 min.</b> Total Distance: _____ Highest mph: _____	<b>Date</b> _____  <b>Run 15 min.</b> <b>Walk 3 min.</b> <b>Run 5 min.</b> Total Distance: _____ Highest mph: _____	<b>Date</b> _____  <b>Run 16 min.</b> <b>Walk 2 min.</b> <b>Run 4 min.</b> Total Distance: _____ Highest mph: _____	<b>Date</b> _____  <b>Run 18 min.</b> <b>Walk 2 min.</b> <b>Run 3 min.</b> Total Distance: _____ Highest mph: _____

\*Your running pace can be anywhere from a light jog to a faster run. Remember to listen to your body! If you have to walk at any time, do it and just pick up where you left off! I recommend starting off with at least a 5-10 min. stretch/walk warm-up! Focus on improving every week and becoming a better YOU 😊

Remember to be eligible for the gift card, you must complete all four workouts and include the date, your total distance and your highest speed (mph) for the workout! Make sure to check out the free apps I included on the instruction sheet to help with tracking speed and distance!

# 5K Intermediate Running Program

Name: \_\_\_\_\_

Intermediate Program	Workout 1	Workout 2	Workout 3	Workout 4
Week 1	<b>Date</b> _____  <b>Walk 3 min.</b> <b>Run 3 min.</b> <b>Repeat 4 times</b> Total Distance: _____  Highest mph: _____	<b>Date</b> _____  <b>Walk 3 min.</b> <b>Run 4 min.</b> <b>Repeat 3 times</b> Total Distance: _____  Highest mph: _____	<b>Date</b> _____  <b>Walk 2 min.</b> <b>Run 4 min.</b> <b>Repeat 4 times</b> Total Distance: _____  Highest mph: _____	<b>Date</b> _____  <b>Walk 3 min.</b> <b>Run 5 min.</b> <b>Repeat 3 times</b> Total Distance: _____  Highest mph: _____
Week 2	<b>Date</b> _____  <b>Walk 2 min.</b> <b>Run 7 min.</b> <b>Repeat 3 times</b> Total Distance: _____  Highest mph: _____	<b>Date</b> _____  <b>Walk 2 min.</b> <b>Run 8 min.</b> <b>Repeat 3 times</b> Total Distance: _____  Highest mph: _____	<b>Date</b> _____  <b>Walk 1 min.</b> <b>Run 5 min.</b> <b>Repeat 4 times</b> Total Distance: _____  Highest mph: _____	<b>Date</b> _____  <b>Walk 2 min.</b> <b>Run 8 min.</b> <b>Repeat 3 times</b> Total Distance: _____  Highest mph: _____
Week 3	<b>Date</b> _____  <b>Walk 3 min.</b> <b>Run 9 min.</b> <b>Repeat 2 times</b> Total Distance: _____  Highest mph: _____	<b>Date</b> _____  <b>Walk 2 min.</b> <b>Run 8 min.</b> <b>Repeat 3 times</b> Total Distance: _____  Highest mph: _____	<b>Date</b> _____  <b>Run 10 min.</b> <b>Walk 2 min.</b> <b>Repeat 2 times</b> <b>Run 5 min.</b> Total Distance: _____  Highest mph: _____	<b>Date</b> _____  <b>Walk 2 min.</b> <b>Run 12 min.</b> <b>Repeat 2 times</b> Total Distance: _____  Highest mph: _____
Week 4	<b>Date</b> _____  <b>Run 9 min.</b> <b>Walk 2 min.</b> <b>Repeat 3 times</b> Total Distance: _____  Highest mph: _____	<b>Date</b> _____  <b>Run 12 min.</b> <b>Walk 2 min.</b> <b>Repeat 2 times</b> <b>Run 5 min.</b> Total Distance: _____  Highest mph: _____	<b>Date</b> _____  <b>Run 9 min.</b> <b>Walk 1 min.</b> <b>Repeat 3 times</b> Total Distance: _____  Highest mph: _____	<b>Date</b> _____  <b>Run 10 min.</b> <b>Walk 2 min.</b> <b>Repeat 2 times</b> <b>Run 8 min.</b> Total Distance: _____  Highest mph: _____

\*Your running pace can be anywhere from a light jog to a faster run. Remember to listen to your body! If you have to walk at any time, do it and just pick up where you left off! I recommend starting off with at least a 5-10 min. stretch/walk warm-up! Focus on improving every week and becoming a better YOU 😊

Remember to be eligible for the gift card, you must complete all four workouts and include the date, your total distance and your highest speed (mph) for the workout! Make sure to check out the free apps I included on the instruction sheet to help with tracking speed and distance!

# 5K Advanced Running Program

Name: \_\_\_\_\_

Advanced Program	Workout 1	Workout 2	Workout 3	Workout 4
Week 1	<b>Date</b> _____  <b>3 Mile Run</b>  Total Distance: _____ Highest mph: _____	<b>Date</b> _____  <b>Run 400M(.25 Miles)</b> <b>Recover 1-3 min.</b> <b>Repeat 5 times</b> Total Distance: _____ Highest mph: _____	<b>Date</b> _____  <b>Jog 5 min.</b> <b>Run 10 min.</b> <b>Repeat 2 times</b> Total Distance: _____ Highest mph: _____	<b>Date</b> _____  <b>3 Mile Run or Walk/Run</b>  Total Distance: _____ Highest mph: _____
Week 2	<b>Date</b> _____  <b>3 Mile Run</b>  Total Distance: _____ Highest mph: _____	<b>Date</b> _____  <b>Run 200M(.13 Miles)</b> <b>Recover 1-2 min.</b> <b>Repeat 8 times</b> Total Distance: _____ Highest mph: _____	<b>Date</b> _____  <b>Jog 5 min.</b> <b>Run 12 min.</b> <b>Repeat 2 times</b> Total Distance: _____ Highest mph: _____	<b>Date</b> _____  <b>3.5 Mile Run or Walk/Run</b>  Total Distance: _____ Highest mph: _____
Week 3	<b>Date</b> _____  <b>3.5 Mile Run</b>  Total Distance: _____ Highest mph: _____	<b>Date</b> _____  <b>Run 400M(.25 Miles)</b> <b>Recover 2-3 min.</b> <b>Repeat 6 times</b> Total Distance: _____ Highest mph: _____	<b>Date</b> _____  <b>Jog 5 min.</b> <b>Run 6 min.</b> <b>Run Faster 6 min.</b> <b>Repeat 2 times</b> Total Distance: _____ Highest mph: _____	<b>Date</b> _____  <b>3.5 Mile Run or Walk/Run</b>  Total Distance: _____ Highest mph: _____
Week 4	<b>Date</b> _____  <b>4 Mile Run</b>  Total Distance: _____ Highest mph: _____	<b>Date</b> _____  <b>Run 200M(.13 Miles)</b> <b>Recover 1-2 min.</b> <b>Repeat 9 times</b> Total Distance: _____ Highest mph: _____	<b>Date</b> _____  <b>Jog 4 min.</b> <b>Run 8 min.</b> <b>Run Faster 6 min.</b> <b>Repeat 2 times</b> Total Distance: _____ Highest mph: _____	<b>Date</b> _____  <b>3 Mile Run or Walk/Run</b>  Total Distance: _____ Highest mph: _____

Day 2 is a Speed Day (I have included the distances in Meters and Miles). Day 3 is a Tempo Day. Just a head's up on weeks 3 & 4 tempo day workouts will add speed, so be ready for that! I recommend starting off with at least a 5-10 min. stretch/walk warm-up! \*\*\*Remember to be eligible for the gift card, you must complete all four workouts and include the date, your total distance and your highest speed (mph) for the workout! Make sure to check out the free apps I included on the instruction sheet to help with tracking speed and distance!