

WANT TO GET STRONGER?

JUMPSTART YOUR FITNESS JOURNEY WITH THE A-T CURETEAM

**Sign up for the Virtual 5K Race Series
and join us while we train to cure A-T!**

atcp.org/virtual5kraceseries

**GET READY TO PUSH YOURSELF
TO REACH YOUR FITNESS GOALS!**

We'll provide you with an efficient and enjoyable plan
that's tailored to your needs and physical condition!



A-T CureTeam 2020 Virtual 5K Race Series Training Guide

donated by Megon Steele, NASM CPT for Fit AT Heart and A-T Sibling

This program has THREE starting points! You get to pick what starting point is best for you:

Phase 1: Are you just starting out and enjoy walking? Or, maybe running is not your thing... Start at Phase 1. After our first event in the series, you can continue to Phase 2 or start Phase 1 over!

Phase 2: If you are a walker who is interested in getting into running or really challenging yourself in our next race, start at Phase 2! After our first event, you can either start back over or continue to Phase 3 to push yourself even further!

Phase 3: Seasoned runners and those who want to go from run/walk to running a 5K without stopping should start at Phase 3. You will challenge yourself to go farther and faster!

Coach Megon of Fit AT Heart & Coach Crystal Olive will be giving you pointers, offering encouragement, and answering questions every week on the [A-T CureTeam Saturdays](#) Facebook page! Also, always ask a doctor before starting any exercise program and please follow your local COVID-19 safety guidelines while training and joining us.

Virtual 5K Race Series

All proceeds from this series will benefit the A-T Children's Project.

Superhero Strides for A-T 5K : September 26

Monster Mash 5K: October 24

Thankful 5K: November 21

Register at atcp.org/virtuala5kraceseries



Phase 1: Walk For A Cure



(for total beginners)

NOTES:

- Do these workouts on NON-CONSECUTIVE DAYS.
- Warmup and cooldown at an easy pace. When you speed up for your walk, you should be walking hard enough that you can still talk, but you couldn't sing and are breathing harder than usual. For your "Maxed out Minute" – I want you to add 1 minute to your walk going as hard as you can! Shuffle, walk faster, or power walk. Get your arms moving! On race day, you can make this the last minute of the event to give it all you have left!
- On days that you do not walk, do some cross-training a couple days per week. Myofascial release, yoga, strength training, biking, rowing or Pilates are great options to round out your training with!

Workout 1

Workout 2

Workout 3

Week 1

- 2-3 minute walk in place warmup
- Walk 1.5 miles
- 5 minute cooldown/stretch

- 2-3 minute walk in place warmup
- Walk 1.5 miles
- 5 minute cooldown/stretch

- 2-3 minute walk in place warmup
- Walk 1.5 miles + Maxed out Minute!
- 5 minute cooldown/stretch

Week 2

- 2-3 minute walk in place warmup
- Walk 1.75 miles
- 5 minute cooldown/stretch

- 2-3 minute walk in place warmup
- Walk 1.75 miles
- 5 minute cooldown/stretch

- 2-3 minute walk in place warmup
- Walk 2 miles + maxed out minute!
- 5 minute cooldown/stretch

Week 3

- 2-3 minute walk in place warmup
- Walk 2 miles
- 5 minute cooldown/stretch

- 2-3 minute walk in place warmup
- Walk 2.25 miles
- 5 minute cooldown/stretch

- 2-3 minute walk in place warmup
- Walk 2 miles + maxed out minute!
- 5 minute cooldown/stretch

Week 4

- 2-3 minute walk in place warmup
- Walk 2.5 miles
- 5 minute cooldown/stretch

- 2-3 minute walk in place warmup
- Walk 2.75 miles
- 5 minute cooldown/stretch

RACE DAY

- Give me that maxed out minute on race day!

Continue to Phase 2 or repeat Phase 1

Phase 2: Run/Walk For A Cure



(for walkers who want to be runner & walkers)

NOTES:

- Do these workouts on NON-CONSECUTIVE DAYS.
- Warmup and cooldown at an easy pace. These are mandatory and a part of your training. Do NOT SKIP. When you speed up for your jog/run, you should have a hard time talking in complete sentences. On your walk intervals, you should be walking hard enough that you can still talk, but not sing and are breathing harder than usual.
- On days that you do not walk, do some cross-training a couple days per week. Yoga, strength training, biking, rowing or Pilates are great options to round out your training with!
- As you begin running more, myofascial release and foam rolling will be critical to staying injury free! Coach Megon will be making some videos on this topic!

Workout 1

Workout 2

Workout 3

Week 1

- 5 minute walking warm-up
- Repeat 10 times:
 - 30 sec jog/run
 - 90 sec walk
- 5 minute cooldown/stretch routine

- 5 minute walking warm-up
- Repeat 10 times:
 - 30 sec jog/run
 - 90 sec walk
- 5 minute cooldown/stretch routine

- 5 minute walking warm-up
- Repeat 10 times:
 - 30 sec jog/run
 - 90 sec walk
- 5 minute cooldown/stretch routine

Week 2

- 5 minute walking warm-up
- Repeat 8 times:
 - 60 sec jog/run
 - 2 min walk
- 5 minute cooldown/stretch routine

- 5 minute walking warm-up
- Repeat 8 times:
 - 60 sec jog/run
 - 2 min walk
- 5 minute cooldown/stretch routine

- 5 minute walking warm-up
- Repeat 8 times:
 - 60 sec jog/run
 - 2 min walk
- 5 minute cooldown/stretch routine

Week 3

- 5 minute walking warm-up
- Repeat 10 times:
 - 60 sec jog/run
 - 90 sec walk
- 5 minute cooldown/stretch routine

- 5 minute walking warm-up
- Repeat 10 times:
 - 60 sec jog/run
 - 90 sec walk
- 5 minute cooldown/stretch routine

- 5 minute walking warm-up
- Repeat 10 times:
 - 60 sec jog/run
 - 90 sec walk
- 5 minute cooldown/stretch routine

Week 4

- 5 minute walking warm-up
- Repeat 8 times:
 - 90 sec jog/run
 - 2 min walk
- 5 minute cooldown/stretch routine

- 5 minute walking warm-up
- Go for a 3 mile walk
- 5 minute cooldown/stretch routine

RACE DAY

Continue to Phase 3 or repeat Phase 2

Phase 3: Run For A Cure



(for walkers/runners who want to be runners and get faster!)

NOTES:

- Do these workouts on NON-CONSECUTIVE DAYS.
- Warmup and cooldown at an easy pace. Don't forget to stretch!
- When you speed up for your jog/run, you should have a hard time talking. On your walk intervals, you should be walking hard enough so that you can still talk, but not sing. As the weeks go by, push yourself to go faster and further on your run intervals.
- Experience runners, don't walk- JOG! Just slow your pace a little and push it on the run intervals!
- In weeks 10 & 11, you will run a mile as fast as you can as a part of workout #2. This will give you an idea of how fast you may be able to run a 5k on race day. Plug the time from your mile into this calculator to predict your 5k time! <http://www.jeffgalloway.com/training/magic-mile/>
- On days that you don't walk, do some cross-training a few days per week. Yoga, strength training, biking, rowing or Pilates are great options to round out your training!
- For runners, myofascial release and foam rolling will be critical to staying injury free! Coach Megon will be making some videos on this topic!

Workout 1

Workout 2

Workout 3

Week 1

- 5 minute walking warm-up
- Repeat 8 times:
 - 90 sec jog/run
 - 90 sec walk/jog
- 5 minute cooldown/stretch routine

- 5 minute walking warm-up
- Repeat 8 times:
 - 90 sec jog/run
 - 90 sec walk/jog
- 5 minute cooldown/stretch routine

- 5 minute walking warm-up
- Repeat 8 times:
 - 90 sec jog/run
 - 90 sec walk/jog
- 5 minute cooldown/stretch routine

Week 2

- 5 minute walking warm-up
- Repeat 10 times:
 - 90 sec jog/run
 - 60 sec walk/jog
- 5 minute cooldown/stretch routine

- 5 minute walking warm-up
- Repeat 10 times:
 - 90 sec jog/run
 - 60 sec walk/jog
- 5 minute cooldown/stretch routine

- 5 minute walking warm-up
- Repeat 10 times:
 - 90 sec jog/run
 - 60 sec walk/jog
- 5 minute cooldown/stretch routine

Week 3

- 5 minute walking warm-up
- Repeat 9 times:
 - 2 min jog/run
 - 60 sec walk/jog
- 5 minute cooldown/stretch routine

- 5 minute walking warm-up
- Repeat 9 times:
 - 2 min jog/run
 - 60 sec walk/jog
- 5 minute cooldown/stretch routine

- 5 minute walking warm-up
- Repeat 10 times:
 - 2 min jog/run
 - 45 sec walk/jog
- 5 minute cooldown/stretch routine

Week 4

- 5 minute walking warm-up
- Repeat 10 times:
 - 2 min jog/run
 - 30 sec walk/jog
- 5 minute cooldown/stretch routine

This should be an easy pace!

- 5 minute walking warm-up
- Repeat 6 times:
 - 2 min jog/run
 - 60 sec walk/jog
- 5 minute cooldown/stretch routine

RACE DAY

Phase 3: Run For A Cure



Workout 1

Workout 2

Workout 3

Week 5

This should be an easy pace!

- 5 minute walking warm-up
- Repeat 6 times:
 - 2 min jog/run
 - 60 sec walk/jog
- 5 minute cooldown/stretch routine

- 5 minute walking warm-up
- Repeat 10 times:
 - 2 min jog/run
 - 30 sec walk/jog
- 5 minute cooldown/stretch routine

- 5 minute walking warm-up
- Repeat 12 times:
 - 2 min jog/run
 - 30 sec walk/jog
- 5 minute cooldown/stretch routine

Week 6

- 5 minute walking warm-up
- 2 min jog/run
- 30 sec walk/jog
- 3 minute jog/run
- 60 sec walk/jog
- 5 minute jog/run
- 2 minute walk/jog
- 5 minute jog/run
- 90 sec walk/jog
- 3 minute jog/run
- 60 sec walk/jog
- 2 minute jog/run
- 5 minute cooldown/stretch routine

- 5 minute walking warm-up
- Repeat 12 times:
 - 2 min jog/run
 - 12 sec walk/jog
- 5 minute cooldown/stretch routine

- 5 minute walking warm-up
- Repeat 12 times:
 - 2 min jog/run
 - 12 sec walk/jog
- 5 minute cooldown/stretch routine

Week 7

- 5 minute walking warm-up
- 2 min jog/run
- 30 sec walk/jog
- 3 minute jog/run
- 60 sec walk/jog
- 5 minute jog/run
- 2 minute walk/jog
- 5 minute jog/run
- 90 sec walk/jog
- 3 minute jog/run
- 60 sec walk/jog
- 2 minute jog/run
- 5 minute cooldown/stretch routine

- 5 minute walking warm-up
- Repeat 8 times:
 - 3 min jog/run
 - 30 sec walk/jog
- 5 minute cooldown/stretch routine

- 5 minute walking warm-up
- Repeat 8 times:
 - 3 min jog/run
 - 30 sec walk/jog
- 5 minute cooldown/stretch routine

Week 8

- 5 minute walking warm-up
- 2 min jog/run
- 30 sec walk/jog
- 3 minute jog/run
- 60 sec walk/jog
- 5 minute jog/run
- 2 minute walk/jog
- 5 minute jog/run
- 60 sec walk/jog
- 3 minute jog/run
- 30 sec walk/jog
- 2 minute jog/run
- 5 minute cooldown/stretch routine

This should be an easy pace!

- 5 minute walking warm-up
- Repeat 8 times:
 - 3 min jog/run
 - 30 sec walk/jog
- 5 minute cooldown/stretch routine

RACE DAY

Phase 3: Run For A Cure



Workout 1

Workout 2

Workout 3

Week 9

- 5 minute walking warm-up
- 2 min jog/run
- 30 sec walk/jog
- 3 minute jog/run
- 60 sec walk/jog
- 5 minute jog/run
- 2 minute walk/jog
- 5 minute jog/run
- 60 sec walk/jog
- 3 minute jog/run
- 30 sec walk/jog
- 2 minute jog/run
- 5 minute cooldown/stretch routine

- Run a mile - as much of it as possible without stopping
- Walk 60 sec
- Until you reach 3 miles, repeat 3 minute jog/run 30 sec walk/jog
- 5 minute cooldown/stretch routine

- Run a mile - as much of it as possible without stopping
- Walk 60 sec
- Until you reach 3 miles, repeat 3 minute jog/run 30 sec walk/jog
- If you can cut your rest times shorter, do so
- 5 minute cooldown/stretch routine

Week 10

- 5 minute walking warm-up
- 2 min jog/run
- 30 sec walk/jog
- 3 minute jog/run
- 60 sec walk/jog
- 5 minute jog/run
- 2 minute walk/jog
- 5 minute jog/run
- 60 sec walk/jog
- 3 minute jog/run
- 30 sec walk/jog
- 2 minute jog/run
- 5 minute cooldown/stretch routine

- **Run a mile as fast as possible** - as much of it as possible without stopping
- Walk 60 sec
- Until you reach 3 miles, repeat 4 minute jog/run 60 sec walk/jog
- 5 minute cooldown/stretch routine

- Run a mile - as much of it as possible without stopping
- Walk 60 sec
- Until you reach 3 miles, repeat 4 minute jog/run 60 sec walk/jog
- 5 minute cooldown/stretch routine

Week 11

- 5 minute walking warm-up
- 2 min jog/run
- 30 sec walk/jog
- 3 minute jog/run
- 60 sec walk/jog
- 6 minute jog/run
- 2 minute walk/jog
- 5 minute jog/run
- 60 sec walk/jog
- 3 minute jog/run
- 30 sec walk/jog
- 2 minute jog/run
- 5 minute cooldown/stretch routine

- **Run a mile as fast as possible** - as much of it as possible without stopping
- Walk 60 sec
- Until you reach 3 miles, repeat 3 minute jog/run 30 sec walk/jog
- 5 minute cooldown/stretch routine

- Run a mile - as much of it as possible without stopping
- Walk 60 sec
- Until you reach 3 miles, repeat 3 minute jog/run 30 sec walk/jog
- 5 minute cooldown/stretch routine

Week 12

- Run 2.5 miles without stopping if possible. Take the shortest breaks possible. Keep your pace nice and slow.

- Go for a 2-3 mile walk

RACE DAY

- Get it done as fast as possible!