

Your First 5K

A 9-week beginner running plan with walk-run intervals, plus everything you need to know about shoes, technique, breathing, motivation and race day.

E-BOOK • US LETTER

- 9-week walk-run plan, 3 runs a week
- Technique, breathing and injury prevention
- Training log and race-day checklist

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This e-book offers general information for healthy adults who want to start running. It is not medical advice. Check with your doctor before starting a new exercise program, especially if you have a health condition, are pregnant, are over 40 and have not exercised in a long time, or have any doubts. Stop and seek medical advice if you feel chest pain, dizziness, severe shortness of breath or pain that does not go away.

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