FitTec 5K Program Training Levels

TEST YOURSELF: Run for as long as you can without stopping. Use that time to determine your Training Level below. EXAMPLES: if you can run for 2 1/2 minutes start training at Level 6, if you can run for 8 minutes level 10, etc. Do this level training 3 x for the first week. **Each week try to do the next level. If you can not do that repeat level previous level.**

Levels	ALWAYS WARM UP AND COOL DOWN FOR A FEW MINUTES WITH EITHER FAST WALKING OR JOGGING
1	Warm up and then 30 seconds running, then > 2 minutes walking, keep repeating trying to get close to the first run and recovery times trying to get close to the first run and recovery times
2	Warm up and then 45 seconds running, then > 2 minutes walking, keep repeating trying to get close to the first run and recovery times for 20 minutes
3	Warm up and then 60 seconds running, then > 2 minutes walking, keep repeating trying to get close to the first run and recovery times for 22.5 minutes
4	Warm up and then 90 seconds running, then > 2 minutes walking, keep repeating trying to get close to the first run and recovery times for 22.5 minutes
5	Warm up and then 2 minutes running, then > 2 minutes walking, keep repeating trying to get close to the first run and recovery times for 22.5 minutes
6	Warm up and then 2 1/2 minutes running, then > 2 minutes walking, keep repeating trying to get close to the first run and recovery times for 22.5 minutes
7	Warm up and then 3 minutes running, then > 1.5 minutes walking, keep repeating trying to get close to the first run and recovery times for 22.5 minutes
8	Warm up and then 4 minutes running, then > 1.5 minutes walking, keep repeating trying to get close to the first run and recovery times for 22.5 minutes
9	Warm up and then 5 minutes running, then > 1 minute walking, keep repeating trying to get close to the first run and recovery times for 22.5 minutes
10	Warm up and then 7 minutes running, then > 1 minute walking, keep repeating trying to get close to the first run and recovery times for 25 minutes
11	Warm up and then 9 minutes running, then > 1 minute walking, keep repeating trying to get close to the first run and recovery times for 25 minutes
12	Warm up and then 11 minutes running, then > 30 seconds walking, keep repeating trying to get close to the first run and recovery times for 25 minutes
13	Warm up and then 13 minutes running, then > 30 seconds walking, 7 minutes on for 25 or more minutes
14	Warm up and then 15 minutes running, then > 30 seconds walking, 8 minutes on for 25 or more minutes
15	Warm up and then 18 minutes running, then > 30 seconds walking, 7 minutes on for 25 or more minutes
16	Warm up and then 20 minutes running, then > 30 seconds walking, 5-7 minutes on for 25 or more minutes
17	Warm up and then 25 minutes running
18	Warm up and then 30 minutes running = 5 K