







# NOT YOUR AVERAGE 5K TRAINING JOURNAL

## Assignment 4 | Write Your Coffee-Shop Story

Start with this statement:

It wasn't easy, but I did it because \_\_\_\_\_ (fill in your WHY) \_\_\_\_\_, even though \_\_\_\_\_ (fill in one or two of your objections) \_\_\_\_\_. I planned and stuck with it by telling myself \_\_\_\_\_ (fill in your counter-proposals) \_\_\_\_\_, and it was totally worth it!

Next, add some details about how you trained, what it felt like to prepare the week before, what you experienced during the race, and how you felt when you crossed the finish line. This technique of visualization can help you begin to see yourself as a runner and ensure your success.

Create your story on the next two pages.







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## TRAINING GUIDELINES

1. Before each workout, do a 5-minute walking warmup. After your run is complete, cool down with a 3- to 5-minute slow walk. This is in addition to the minutes listed in your workout plan.
2. You will use a run/walk approach to all of your training runs. Start with 30 seconds of running and 60 seconds of walking, and see how that goes. If it feels good, continue with this ratio throughout your training. If it is too hard, drop to 20 seconds of running. If it's too easy, try 45 or 60 seconds of running. The goal is not to run your entire 5K but to find a run/walk ratio that you can keep up for the entire time.
3. Record what you did, the date, and how it felt in your journal. It may seem like a lot of unnecessary information, but keeping notes on each run can help you see your progress over time as well as diagnose any issues you might have.
4. Make sure to use a timer for your run/walk intervals—don't try to guesstimate the time. You can use an app, or a running watch, or an actual timer. If you're not sure what to use, visit the Facebook group and ask for suggestions!

## TRAINING PLAN

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Week 1</b>	30 minutes	Strength Training	Walk or rest	30 minutes	Walk or rest	2 miles	Rest
<b>Week 2</b>	30 minutes	Strength Training	Walk or rest	30 minutes	Walk or rest	2.5 miles	Rest
<b>Week 3</b>	30 minutes	Strength Training	Walk or rest	40 minutes	Walk or rest	3 miles	Rest
<b>Week 4</b>	30 minutes	Strength Training	Walk or rest	40 minutes	Walk or rest	3 miles	Rest
<b>Week 5</b>	30 minutes	Strength Training	Walk or rest	40 minutes	Walk or rest	3.5 miles	Rest
<b>Week 6</b>	30 minutes	Strength Training	Walk or rest	45 minutes	Walk or rest	3.5 miles	Rest
<b>Week 7</b>	30 minutes	Strength Training	Walk or rest	45 minutes	Walk or rest	3 miles	Rest
<b>Week 8</b>	30 minutes	Strength Training	Walk or rest	30 minutes	Walk or rest	Rest	RACE DAY



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## WEEK #1 / RUN #1

DATE: \_\_\_\_\_ TIME OF DAY: \_\_\_\_\_ TOTAL TIME: \_\_\_\_\_

TOTAL DISTANCE: \_\_\_\_\_ OVERALL PACE: \_\_\_\_\_

NOTES: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

## WEEK #1 / RUN #2

DATE: \_\_\_\_\_ TIME OF DAY: \_\_\_\_\_ TOTAL TIME: \_\_\_\_\_

TOTAL DISTANCE: \_\_\_\_\_ OVERALL PACE: \_\_\_\_\_

NOTES: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

## WEEK #1 / RUN #3

DATE: \_\_\_\_\_ TIME OF DAY: \_\_\_\_\_ TOTAL TIME: \_\_\_\_\_

TOTAL DISTANCE: \_\_\_\_\_ OVERALL PACE: \_\_\_\_\_

NOTES: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

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## WEEK #2 / RUN #1

DATE: \_\_\_\_\_ TIME OF DAY: \_\_\_\_\_ TOTAL TIME: \_\_\_\_\_

TOTAL DISTANCE: \_\_\_\_\_ OVERALL PACE: \_\_\_\_\_

NOTES: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## WEEK #2 / RUN #2

DATE: \_\_\_\_\_ TIME OF DAY: \_\_\_\_\_ TOTAL TIME: \_\_\_\_\_

TOTAL DISTANCE: \_\_\_\_\_ OVERALL PACE: \_\_\_\_\_

NOTES: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## WEEK #2 / RUN #3

DATE: \_\_\_\_\_ TIME OF DAY: \_\_\_\_\_ TOTAL TIME: \_\_\_\_\_

TOTAL DISTANCE: \_\_\_\_\_ OVERALL PACE: \_\_\_\_\_

NOTES: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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## WEEK #3 / RUN #1

DATE: \_\_\_\_\_ TIME OF DAY: \_\_\_\_\_ TOTAL TIME: \_\_\_\_\_

TOTAL DISTANCE: \_\_\_\_\_ OVERALL PACE: \_\_\_\_\_

NOTES: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## WEEK #3 / RUN #2

DATE: \_\_\_\_\_ TIME OF DAY: \_\_\_\_\_ TOTAL TIME: \_\_\_\_\_

TOTAL DISTANCE: \_\_\_\_\_ OVERALL PACE: \_\_\_\_\_

NOTES: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## WEEK #3 / RUN #3

DATE: \_\_\_\_\_ TIME OF DAY: \_\_\_\_\_ TOTAL TIME: \_\_\_\_\_

TOTAL DISTANCE: \_\_\_\_\_ OVERALL PACE: \_\_\_\_\_

NOTES: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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## WEEK #4 / RUN #1

DATE: \_\_\_\_\_ TIME OF DAY: \_\_\_\_\_ TOTAL TIME: \_\_\_\_\_

TOTAL DISTANCE: \_\_\_\_\_ OVERALL PACE: \_\_\_\_\_

NOTES: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## WEEK #4 / RUN #2

DATE: \_\_\_\_\_ TIME OF DAY: \_\_\_\_\_ TOTAL TIME: \_\_\_\_\_

TOTAL DISTANCE: \_\_\_\_\_ OVERALL PACE: \_\_\_\_\_

NOTES: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## WEEK #4 / RUN #3

DATE: \_\_\_\_\_ TIME OF DAY: \_\_\_\_\_ TOTAL TIME: \_\_\_\_\_

TOTAL DISTANCE: \_\_\_\_\_ OVERALL PACE: \_\_\_\_\_

NOTES: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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## WEEK #5 / RUN #1

DATE: \_\_\_\_\_ TIME OF DAY: \_\_\_\_\_ TOTAL TIME: \_\_\_\_\_

TOTAL DISTANCE: \_\_\_\_\_ OVERALL PACE: \_\_\_\_\_

NOTES: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

## WEEK #5 / RUN #2

DATE: \_\_\_\_\_ TIME OF DAY: \_\_\_\_\_ TOTAL TIME: \_\_\_\_\_

TOTAL DISTANCE: \_\_\_\_\_ OVERALL PACE: \_\_\_\_\_

NOTES: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

## WEEK #5 / RUN #3

DATE: \_\_\_\_\_ TIME OF DAY: \_\_\_\_\_ TOTAL TIME: \_\_\_\_\_

TOTAL DISTANCE: \_\_\_\_\_ OVERALL PACE: \_\_\_\_\_

NOTES: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

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## WEEK #6 / RUN #1

DATE: \_\_\_\_\_ TIME OF DAY: \_\_\_\_\_ TOTAL TIME: \_\_\_\_\_

TOTAL DISTANCE: \_\_\_\_\_ OVERALL PACE: \_\_\_\_\_

NOTES: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

## WEEK #6 / RUN #2

DATE: \_\_\_\_\_ TIME OF DAY: \_\_\_\_\_ TOTAL TIME: \_\_\_\_\_

TOTAL DISTANCE: \_\_\_\_\_ OVERALL PACE: \_\_\_\_\_

NOTES: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

## WEEK #6 / RUN #3

DATE: \_\_\_\_\_ TIME OF DAY: \_\_\_\_\_ TOTAL TIME: \_\_\_\_\_

TOTAL DISTANCE: \_\_\_\_\_ OVERALL PACE: \_\_\_\_\_

NOTES: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

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## WEEK #7 / RUN #1

DATE: \_\_\_\_\_ TIME OF DAY: \_\_\_\_\_ TOTAL TIME: \_\_\_\_\_

TOTAL DISTANCE: \_\_\_\_\_ OVERALL PACE: \_\_\_\_\_

NOTES: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## WEEK #7 / RUN #2

DATE: \_\_\_\_\_ TIME OF DAY: \_\_\_\_\_ TOTAL TIME: \_\_\_\_\_

TOTAL DISTANCE: \_\_\_\_\_ OVERALL PACE: \_\_\_\_\_

NOTES: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## WEEK #7 / RUN #3

DATE: \_\_\_\_\_ TIME OF DAY: \_\_\_\_\_ TOTAL TIME: \_\_\_\_\_

TOTAL DISTANCE: \_\_\_\_\_ OVERALL PACE: \_\_\_\_\_

NOTES: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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## WEEK #8 / RUN #1

DATE: \_\_\_\_\_ TIME OF DAY: \_\_\_\_\_ TOTAL TIME: \_\_\_\_\_

TOTAL DISTANCE: \_\_\_\_\_ OVERALL PACE: \_\_\_\_\_

NOTES: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

## WEEK #8 / RUN #2

DATE: \_\_\_\_\_ TIME OF DAY: \_\_\_\_\_ TOTAL TIME: \_\_\_\_\_

TOTAL DISTANCE: \_\_\_\_\_ OVERALL PACE: \_\_\_\_\_

NOTES: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

## WEEK #8 / RUN #3

DATE: \_\_\_\_\_ TIME OF DAY: \_\_\_\_\_ TOTAL TIME: \_\_\_\_\_

TOTAL DISTANCE: \_\_\_\_\_ OVERALL PACE: \_\_\_\_\_

NOTES: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_