



# BASIC TRAINING

A unique fitness course based on the exercises of the U.S. Navy SEAL Teams.

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## BASIC TRAINING 5K RUNNING PLAN

This plan is for the novice runner who would like to start running or would like to do their first 5K race at the end of the course. As with all training programs, I recommend that you consult a physician before starting.

### ***Important Terms***

**REST:** Rest days are as important as training days, so don't neglect the rest days!

**RUN:** Just running. Nothing fancy. Ideally, you should use a running drill as part of your workout every time your workout calls for running.

**WALK/RUN:** On walk/run days, don't feel like you have to run the whole time. Run till you feel like you need to walk, then walk – it's that easy. You can also use these days as cross-training days by doing some swimming, cycling or spin class, stairclimbing, or one of my favorites, rowing.

**WALK:** If you're at the novice running level, you can get a lot of benefit from a weekly long walk. Don't think the weekly walk isn't important just because it's walking—the walking workout is important for recovery, and for gently building connective tissue strength and durability.

**BT:** Basic Training Class

Remember, this program is a guide—adjust it as needed to fit your schedule. If you need to skip a day, don't try to make up the workout by doing two the next day—but do remember that consistency is the most important factor in any training plan, so do your utmost to stick with the program!

Though this program is written on the assumption that you're taking Basic Training on Monday, Wednesday, and Saturday, you can adapt the plan to if you're on a different Basic Training schedule. Just do the workouts in the order they're presented.

### ***Drills***

You should start each run with drills, or you should incorporate drills in the middle of each run.



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## The Plan

Week	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1	BT	1.5 mi run/walk	BT	1.5 mi run	Rest	BT/1.5 m run	30-60 min walk
2	BT	1.5 mi run/walk	BT	1.5 mi run	Rest	BT/1.5 mi run	30-60 min walk
3	BT	1.75 mi run/walk	BT	1.5 mi run	Rest	BT/1.5 mi run	35-60 min walk
4	BT	1.75 mi run/walk	BT	1.5 mi run	Rest	BT/1.5 mi run	35-60 min walk
5	BT	1.75 mi run/walk	BT	1.5 mi run	Rest	BT/1.75 mi run	30-60 min walk
6	BT	2 mi run/walk	BT	1.5 mi run	Rest	BT/2 mi run	30-60 min walk
7	BT	2 mi run/walk	BT	1.5 mi run	Rest	BT/2 mi run	35-60 min walk
8	BT	2.25 mi run/walk	BT	1.5 mi run	Rest	BT/1 2.25mi run	45-60 min walk
9	BT	2.5 mi run	BT	2 mi run	Rest	BT/2.5 mi run	50-60 min walk
10	BT	2.75 mi run	BT	2 mi run	Rest	BT/2.75 mi run	55-60 min walk
11	BT	3 mi run	BT	2 mi run	Rest	BT/3 mi run	60 min walk
12	BT	3 mi run	BT	1.5 mi run	Rest	BT/Rest	5k run (3.1 mi)