



Sedentary to 5K in 2 Months

Here is a training guide to get from sedentary to a race 5k in 2 months:

1. Start with a warm up of 5-10 minutes of light cardiovascular activity, such as walking or jogging in place.
2. Do some joint mobility, such as leg swings and hip circles, to loosen up your muscles.
3. Begin with a run/walk interval workout. Start by running for 1 minute and then walking for 1 minute, repeating this pattern for a total of 20 minutes. Gradually increase the length of your running intervals and decrease the length of your walking intervals over the course of the next few weeks.
4. Add some strength training to your routine, focusing on exercises that target your core, legs, and arms. This can include bodyweight exercises like squats, lunges, push-ups, and planks.
5. As you get closer to the race, incorporate more challenging workouts, such as hill repeats and tempo runs, to build your endurance and speed.
6. Be sure to include at least one day of rest in your training schedule to allow your body to recover and avoid injury.
7. Stay hydrated and eat a healthy, balanced diet to support your training.
8. As the race approaches, taper your training by decreasing the intensity and duration of your workouts to ensure that you are well-rested and ready to perform on race day.

Remember to consult with a doctor before starting any new exercise routine, and listen to your body as you train. Good luck!