IN SIX WEEKS YOU CAN... RUN A 5K!

WHY TRY IT Running can kick-start a healthier lifestyle or help you bust through a workout plateau. "Putting a 5K race on your calendar is the perfect motivational tool. In little more than a month you'll see significant changes in your fitness level," says Newton Running Ambassador Jeff Devlin, the founder of Devlin Coaching in Downingtown, Pennsylvania, who created this 5K plan.

WHAT TO EXPECT The plan, which will transform you from a walker into a runner in just six weeks, includes three days of running, two days of cross-training or walking, and two days of rest.

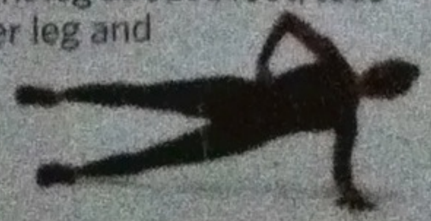
WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Rest	Walk 5 min, jog/walk 10 min (alternate 20-sec jog with 40-sec walk), walk 5 min	Cross-train	Walk 5 min, jog/walk 10 min (alternate 30-sec jog with 30-sec walk), walk 5 min	Rest	Walk or cross-train	Walk 5 min, jog/walk 20 min (alternate 40-sec jog with 20-sec walk), walk 5 min
2	Rest	Walk 8 min, jog/walk 12 min (alternate 60-sec jog with 30-sec walk), walk 5 min	Cross-train	Walk 5 min, jog/walk 15 min (alternate 75-sec jog with 15-sec walk), walk 5 min	Rest	Walk or cross-train	Walk 6 min, jog/walk 24 min (alternate 2:30-min jog with 30-sec walk), walk 5 min
3	Rest	Walk 5 min, jog/walk 15 min (alternate 4:30-min jog with 30-sec walk), walk 5 min	Cross-train	Walk 5 min, jog/walk 20 min (alternate 9-min jog with 60-sec walk), walk 5 min	Rest	Walk or cross-train	Walk/jog/run 45 min: *Walk 5 min, easy jog/run 20 min, walk 5 min, easy jog/run 10 min, walk 5 min*
4	Rest	Walk 5 min, jog/walk 25 min (alternate 11-min jog with 90-sec walk), walk 5 min	Cross-train	Walk 5 min, jog/run 20 min, walk 3 min, jog/run 12 min, walk 5 min	Rest	Walk or cross-train	Walk/jog/run 50 min: *Walk 10 min, easy jog/run 35 min, walk 5 min*
5	Rest	Walk/jog/run 35 min: *Walk 5 min, easy jog/run 15 min, walk 3 min, easy jog/run 10 min, walk 2 min*	Cross-train	Walk/jog/run 30 min: *Walk 8 min, easy jog/run 20 min, walk 2 min*	Rest	Walk or cross-train	Walk/jog/run 55 min: *Walk 5 min, easy jog/run 30 min, walk 3 min, easy jog/run 15 min, walk 2 min*
6	Rest	Walk/jog/run 30 min: *Walk 5 min, jog/run 20 min (alternate 4-min jog with 1-min walk), walk 5 min*	Cross-train	Walk/jog/run 25 min: *Walk 8 min, easy jog/run 15 min, walk 2 min*	Rest	Walk or cross-train	Warm up 10 min (alternate 1-min walk with 1:30-min jog) *Race day!*

INJURY-PROOF YOUR MILES

Train ouch-free with these core and lower-body strength moves. Do them at least twice a week.

One-Leg Bosu Jump
Targets quads, butt
Standing on right leg, jump onto Bosu (or use a pillow), landing on left leg. Jump off Bosu, landing on right leg; keep knee soft. Do 12 reps; switch sides and repeat. Do 3 sets of 12 reps per side.

Side Plank With Leg Lifts
Targets obliques, hips, thighs
Lie on left side, legs stacked, left elbow under shoulder. Lift hips and knees off floor; raise right leg about 1 foot, toes forward. Lower leg and repeat. Do 3 sets of 12 reps per side.



Plank Donkey Kicks
Targets abs, butt, hamstrings
Loop resistance band around bottom of right foot, holding ends in hands. Get in full plank. Bring right knee toward chest; then extend right foot behind you. Do 3 sets of 12 reps per side.

Moves designed by D. S. Blaise Williams, Ph.D.