Welcome to Walk Run Race (powered by Studio SWEAT on Demand). We provide the training workout, tips and you put in the time!

Four Week Training Plan

We know not everyone has 6 weeks to get ready for a 5k race, so here is a way to get the same training done in only 4 weeks... still using the Studio SWEAT onDemand race training videos! If you’d like to so that, here’s what we suggest!

Week 1 (Video 1 - Walk to Jog)

Plan on working out with us 3 days this week. Start with your dynamic warm up each day and then:

- Workout day 1 = Do up to the 20 minutes walk/jog with Cat & AJ as demoed in video 1
- Workout day 2 = Do up to the 20 minutes walk/jog with Cat & AJ as demoed in video 1
- Workout day 3 = Do up to the 25 minutes walk/jog with Cat & AJ as demoed in video 1
- Cool down and do stretch video after each workout or stretch on your own

Week 2 (Video 1)

Plan on working out with us 3 days this week. Start with your dynamic warm up each day and then:

- Workout day 1 = Do up to the 25 minutes walk/jog with Cat & AJ as demoed in video 1
- Workout day 2 = Do up to the 30 minutes walk/jog with Cat & AJ as demoed in video 1
- Workout day 3 = Do up to the 30 minutes walk/jog with Cat & AJ as demoed in video 1
- Cool down and do stretch video after each workout or stretch on your own

Week 3 (Video 2)

Plan on working out with us 3 days this week. Start with your dynamic warm up each day and then:

- Workout day 1 = Do up to 1.5 miles with Cat & AJ as demoed in video 2
- Workout day 2 = Do up to 1.5 miles with Cat & AJ as demoed in video 2
- Workout day 3 = Do up to 2.0 miles with Cat & AJ as demoed in video 2
- Cool down and do stretch video after each workout or stretch on your own

Week 4 (Video 3)

Plan on working out with us 3 days this week. Start with your dynamic warm up each day and then:

- Workout day 1 = Do up to 2.0 miles with Cat & AJ as demoed in video 2
- Workout day 2 = Do up to 2.5 miles with Cat & AJ as demoed in video 2
- Workout day 3 = Do up to 2.5 miles with Cat & AJ as demoed in video 2
- Cool down and do stretch video after each workout or stretch on your own

Now you’re ready to race! Try to race within 5 days of completing your 4 week training above!

Good luck! Go get it!