

# OCT 1 - NOV 11

## 5K TRAINING SCHEDULE



WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
9/28/20				15min RUN	REST	2mi RUN	10-15min WALK
10/5/20	20min SLOW-MED	15-20min XT	20min HILLY	15-20min XT	REST	2.5mi RUN	15-20min WALK
10/12/20	25min SLOW-MED	20-25min XT	25min PICK-IT-UP	20-25min XT	REST	3mi RUN	20-25min WALK
10/19/20	25min SLOW-MED-FAST	20-25min XT	25min PICK-IT-UP	20-25min XT	REST	3.5mi RUN	20-25min WALK
10/26/20	30min SLOW-MED-FAST	25-30min XT	30min FAST!	25-30min XT	REST	4mi RUN	25-30min WALK
11/2/20	30min SLOW-MED-FAST	25-30min XT	30min FAST!	25-30min XT	REST	4mi RUN	25-30min WALK
11/9/20	REST	15-20min XT	<b>5K</b>				

**SLOW-MED:** mix up the pace, but keep the run fairly easy! Alternate 2 min slow (walk or easy jog) with 3 min medium (easy jog or moderate run).

**SLOW-MED-FAST:** mix up the pace, but with a little fast running too! Alternate 2 min slow (walk), 2 min medium (easy jog), 1 min fast (run).

**XT:** cross training, find something fun to do that will keep your heart rate up for 10-30 minutes.

**RUN:** try to make this a smooth and steady effort, it's okay to walk for short periods of time!

**HILLY:** find a hill and run up and down 3-4 times, as fast as you can! Take a 30-60 second easy walk or jog in between repeats.

**PICK-IT-UP:** alternate between an easy walk or jog and a fast run, seek out objects to alternate between (mailbox to mailbox, tree to tree) - make it a fun adventure!

**FAST!:** find a track and sprint the straight parts and jog/walk the curves. Warm up with 2 laps around the track first! If a track isn't available, use the same markers as the pick-it-up: alternate slow and fast between mailboxes or telephone poles!

