# OCT 24 - DEC 5
## 5K TRAINING SCHEDULE

**TEXTRON** Systems

▶ **PUSHING PAST POSSIBLE**

| WEEK | MON | TUES | WED | THURS | FRI | SAT | SUN |
|------|-----|------|-----|-------|-----|-----|-----|
| 10/19/20 | | | | | | 2mi RUN | 10-15min WALK |
| 10/26/20 | 15min SLOW-MED | 10-15min XT | 15min RUN | 10-15min XT | REST | 2.5mi RUN | 10-15min WALK |
| 11/2/20 | 20min SLOW-MED | 15-20min XT | 20min HILLY | 15-20min XT | REST | 2.5mi RUN | 15-20min WALK |
| 11/9/20 | 25min SLOW-MED-FAST | 20-25min XT | 25min PICK-IT-UP | 20-25min XT | REST | 3mi RUN | 20-25min WALK |
| 11/16/20 | 25min SLOW-MED-FAST | 20-25min XT | 25min PICK-IT-UP | 20-25min XT | REST | 3.5mi RUN | 20-25min WALK |
| 11/23/20 | 30min SLOW-MED-FAST | 25-30min XT | 30min FAST! | 25-30min XT | REST | 3.5mi RUN | 25-30min WALK |
| 11/30/20 | 30min SLOW-MED-FAST | 25-30min XT | 30min FAST! | 25-30min XT | REST | **5K** | |

**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!

**RUN.**
**HONOR.**
**BELONG.**