

5k Training Plan

	MON	TUES	WED	THURS	FRI	SOLE SISTERS SATURDAY!	SUN
Wk 1 2/26 - 3/5	1 mi.	X Train	1 mi.	X Train	<i>Rest</i>	1 mi.	<i>Rest</i>
Wk 2 3/6 - 3/12	1 mi.	X Train	1 mi.	X Train		1 mi.	
Wk 3 3/13 - 3/19	1 mi.	X Train	1 mi.	X Train		1.25 mi.	
Wk 4 3/20 - 3/26	1 mi.	X Train	1 mi.	X Train		1.25 mi.	
Wk 5 3/27- 4/2	1 mi.	X Train	1 mi.	X Train		1 mi.	
Wk 6 4/3 - 4/9	1 mi.	X Train	1 mi.	X Train		1.5 mi.	
Wk 7 4/10 - 4/16	1 mi.	X Train	1 mi.	X Train		1.5 mi.	
Wk 8 4/17 - 4/23	1 mi.	X Train	1 mi.	X Train		1.75 mi.	
Wk 9 4/24- 4/30	1.25 mi.	X Train	1.25 mi.	X Train		1.5 mi Road Runner	
Wk 10 5/1 - 5/7	1.25 mi.	X Train	1.25 mi.	X Train		2 mi.	
Wk 11 5/8 - 5/14	1.25 mi.	X Train	1.25 mi.	X Train		2.5 mi.	
Wk 12 5/15 - 5/21	2 mi.	X Train	2 mi.	X Train		2.5 mi.	
Wk 13 5/22 - 5/28	1 mi.	x Train	1 mi.	X Train		2.75 mi.	
Wk 14 5/29- 6/4	1 mi.	x Train	1 mi.	X Train		5k Race Day!	

X Training Examples

Yoga, Pilates, Strength Training, Group Fitness, Stretching, etc.

IMPORTANT NOTES

Rest Days - you don't have to skip out on exercise completely, just take it easy and give your hard working legs a break.

*Because physical exercise can be strenuous and subject to risk of serious injury, we urge you to consult a physician before beginning any new training plan.

