

5k Training Plan

	MON	TUES	WED	THURS	FRI	SOLE SISTERS SATURDAY!	SUN
Wk 1 3/3 - 3/9	1 mi.	X Train	1 mi.	X Train	-----rest day-----	1 mi.	-----rest day-----
Wk 2 3/10 - 3/16	1 mi.	X Train	1 mi.	X Train		1 mi.	
m	1 mi.	X Train	1 mi.	X Train		1.25 mi.	
Wk 4 3/24- 3/30	1 mi.	X Train	1 mi.	X Train		1 mi.	
Wk 5 3/31 - 4/6	1 mi.	X Train	1 mi.	X Train		1.5 mi ROAD RUNNER	
Wk 6 4/7 - 4/13	1 mi.	X Train	1 mi.	X Train		1.75 mi.	
Wk 7 4/14 - 4/20	1 mi.	X Train	1 mi.	X Train		2 mi.	
Wk 8 4/21- 4/27	1.25 mi.	X Train	1.25 mi.	X Train		1.75 mi COACH APPRECIATION	
Wk 9 4/28 - 5/4	1.25 mi.	X Train	1.25 mi.	X Train		2.25 mi.	
Wk 10 5/5 - 5/11	1.25 mi.	X Train	1.25 mi.	X Train		2.5 mi.	
Wk 11 5/12 - 5/18	2 mi.	X Train	2 mi.	X Train		2.75 mi.	
Wk 12 5/19 - 5/25	1 mi.	x Train	1 mi.	X Train		1.5 mi.	
Wk 13 5/26 - 6/1	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.

