

# 5k Training Plan

	MON	TUES	WED	THURS	FRI	SOLE SISTERS SATURDAY!	SUN
<b>Wk 1</b> 2/26 - 3/3	1 mi.	X Train	1 mi.	X Train		<b>1 mi.</b>	
<b>Wk 2</b> 3/4 - 3/10	1 mi.	X Train	1 mi.	X Train		<b>1 mi.</b>	
<b>Wk 3</b> 3/11 - 3/17	1 mi.	X Train	1 mi.	X Train		<b>1.25 mi.</b>	
<b>Wk 4</b> 3/18 - 3/24	1 mi.	X Train	1 mi.	X Train		<b>1.25 mi.</b>	
<b>Wk 5</b> 3/25- 3/31	1 mi.	X Train	1 mi.	X Train		<b>1 mi.</b>	
<b>Wk 6</b> 4/1 - 4/7	1 mi.	X Train	1 mi.	X Train		<b>1.5 mi</b> ROAD RUNNER	
<b>Wk 7</b> 4/8 - 4/19	1 mi.	X Train	1 mi.	X Train		<b>1.5 mi.</b>	
<b>Wk 8</b> 4/15 - 4/21	1 mi.	X Train	1 mi.	X Train		<b>1.75 mi.</b>	
<b>Wk 9</b> 4/22- 4/28	1.25 mi.	X Train	1.25 mi.	X Train		<b>1.5 mi</b> COACH APPRECIATION	
<b>Wk 10</b> 4/29 - 5/5	1.25 mi.	X Train	1.25 mi.	X Train		<b>2 mi.</b>	
<b>Wk 11</b> 5/6 - 5/12	1.25 mi.	X Train	1.25 mi.	X Train		<b>2.5 mi.</b>	
<b>Wk 12</b> 5/13 - 5/19	2 mi.	X Train	2 mi.	X Train		<b>2.5 mi.</b>	
<b>Wk 13</b> 5/20 - 5/26	1 mi.	x Train	1 mi.	X Train		<b>2.75 mi.</b>	
<b>Wk 14</b> 5/27 - 6/2	1 mi.	x Train	1 mi.	X Train		<b>5k Race Day!</b>	

## 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.

