



5k RUN Training

WEEK 1

1/2/24: Tuesday=5 min. warm-up walk, run 10 min., 5 min. cool down walk= 20 min.

1/4/24: Thursday=5 min. warm-up walk, run 10 min., 5 min. cool down walk= 20 min.

1/6/24: Saturday= 5 min. warm-up walk, run 20 min., 5 min. cool down walk=30 min.

WEEK 2

1/9/24: Tuesday= 5 min. warm-up walk, run 20 min., 5 min. cool down walk= 30 min.

1/11/24: Thursday= 5 min. warm-up walk, run 20 min., 5 min. cool down walk= 30 min.

1/13/24: Saturday= 5 min. warm-up walk, run 30 min., 5 min. cool down walk= 40 min.

WEEK 3

1/16/24: Tuesday= 5 min. warm-up walk, run 30 min., 5 min. cool down walk= 40 min.

1/18/24: Thursday= 5 min. warm-up walk, run 30 min., 5 min. cool down walk= 40 min.

1/20/24: Saturday= 5 min. warm-up walk, run 40 min., 5 min. cool down walk= 50 min.

WEEK 4

1/23/24: Tuesday= 5 min. warm-up walk, run 40 min., 5 min. cool down walk= 50 min.

1/25/24: Thursday= 5 min. warm-up walk, run 40 min., 5 min. cool down walk= 50 min.

1/27/24: Saturday= 5 min. warm-up walk, run 50 min., 5 min. cool down walk=60 min.

WEEK 5

1/30/24: Tuesday= 5 min. warm-up walk, run 35 min., 5 min. cool down walk= 45 min.

2/1/24: Thursday=5 min. warm-up walk, run 20 min., 5 min. cool down walk= 30 min.

2/3/24: Saturday= RACE DAY