

	MON	TUES	WED	THU	FRI	SAT	SUN
WEEK 1	crosstrain or walk 20 min	walk 20 min	stretch & rest	walk 5 min run 5 min easy 5 min moderate walk 5 min	crosstrain or walk 20 min	walk 5 min run 10 min (alternate 1 min run & 1 min walk) walk 5 min	stretch & rest
WEEK 2	crosstrain or walk 25 min	walk 30 min	stretch & rest	walk 5 min run 5 min slow 5 min moderate 5 min quick walk 5 min	crosstrain or walk 20 min	walk 5 min run 10 min (alternate 1 min run & 1 min walk) walk 5 min	stretch & rest or crosstrain
WEEK 3	crosstrain or walk 30 min	walk 30 min	stretch & rest	walk 5 min run 20 min (increase effort every 5 min) walk 5 min	crosstrain or walk 20 min	walk 5 min run 10 min (alternate 1 min run & 1 min walk) walk 5 min	stretch & rest or crosstrain
WEEK 4	crosstrain or walk 45 min	walk 30 min	stretch & rest	walk 5 min run 10 min (alternate 1 min run & 1 min walk) walk 5 min	crosstrain or walk 20 min	walk 5 min run 10 min (alternate 1 min run & 1 min walk) walk 5 min	stretch & rest or crosstrain
WEEK 5	crosstrain or walk 30 min	walk 30 min	stretch & rest	walk 5 min run 20 min (increase effort every 5 min) walk 5 min	crosstrain or walk 20 min	walk 5 min run 10 min (alternate 1 min run & 1 min walk) walk 5 min	stretch & rest or crosstrain
WEEK 6	crosstrain or walk 20 min	walk 5 min run 0.5 mi mod 1.5 mi hard walk 5 min	stretch & rest	walk 5 min run 10 min (alternate 1 min run & 1 min walk) walk 5 min	crosstrain or walk 20 min	RACE DAY	stretch & rest & repeat



Cross Training

Engage in a different type of exercise to work different parts of the body and prevent injury. Examples include biking, swimming, dance cardio, hiking and group exercise classes.



Running Paces

Easy: comfortable jog
Moderate: Pushing self, but still maintaining steady breathing
Quick: Run as if you're racing or in the final stretch of race



Walking a 5k?

If running isn't your style, sub **walk** in place of **run** in the above chart.