



5K Training Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest or Run/Walk	Run/Walk 1.5 miles	Rest or Cross Train	Run/Walk 1.5 miles	Rest	Run/Walk 1.5 miles	Walk 30 min
2	Rest or Run/Walk	Run/Walk 1.75 miles	Rest or Cross Train	Run/Walk 1.5 miles	Rest	Run/Walk 1.75 miles	Walk 35 min
3	Rest or Run/Walk	Run/Walk 2 miles	Rest or Cross Train	Run/Walk 1.5 miles	Rest	Run/Walk 2 miles	Walk 40 min
4	Rest or Run/Walk	Run/Walk 2.25 miles	Rest or Cross Train	Run/Walk 1.5 miles	Rest	Run/Walk 2.25 miles	Walk 45 min
5	Rest or Run/Walk	Run/Walk 2.5 miles	Rest or Cross Train	Run/Walk 2 miles	Rest	Run/Walk 2.5 miles	Walk 50 min
6	Rest or Run/Walk	Run/Walk 2.75 miles	Rest or Cross Train	Run/Walk 2 miles	Rest	Run/Walk 2.75 miles	Walk 55 min
7	Rest or Run/Walk	Run/Walk 3 miles	Rest or Cross Train	Run/Walk 2 miles	Rest	Run/Walk 3 miles	Walk 60 min
8	Rest or Run/Walk	Run/Walk 3 miles	Rest	Run/Walk 1.5 miles	Rest	5K Race Day	



Scan the QR code for registration and event details.





10K Training Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week							
1	Rest	Run 2.5 miles	Cross Train 30 min	Run 2 miles	Rest	Run/Walk 1.5 miles	Run 3 miles
2	Rest	Run 2.5 miles	Cross Train 30 min	Run 2 miles	Rest	Run/Walk 1.75 miles	Run 3.5 miles
3	Rest	Run 2.5 miles	Cross Train 35 min	Run 2 miles	Rest	Run/Walk 2 miles	Run 4 miles
4	Rest	Run 3 miles	Cross Train 35 min	Run 2 miles	Rest	Run/Walk 2.25 miles	Run 4 miles
5	Rest	Run 3 miles	Cross Train 40 min	Run 2 miles	Rest	Run/Walk 2.5 miles	Run 4.5 miles
6	Rest	Run 3 miles	Cross Train 40 min	Run 2 miles	Rest	Run/Walk 2.75 miles	Run 5 miles
7	Rest	Run 3 miles	Cross Train 45 min	Run 2 miles	Rest	Run/Walk 3 miles	Run 5.5 miles
8	Rest	Run 3 miles	Cross Train 30 min or Run 2 miles	Rest	Rest	10K Race Day	



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