



5K FOUR WEEK TRAINING PLAN

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	REST DAY	WALK/RUN 20 MIN (your choice)	REST/CROSS TRAIN	RUN 10 MIN EASY / 5 MIN FASTER/ 10 MIN EASY	WALK/RUN 20 MIN (your choice)	STRETCH/YOGA 20 MIN	RUN 10 MIN EASY/ 12 MINS FASTER 10 MINS EASY
2	REST DAY	WALK/RUN 25 MIN (your choice)	REST/CROSS TRAIN	RUN 10 MIN EASY / 5 MIN FASTER/ 10 MIN EASY	WALK/RUN 20 MIN (your choice)	STRETCH/YOGA 20 MIN	RUN 10 MIN EASY/ 15 MIN FASTER/ 10 MIN EASY
3	REST DAY	WALK/RUN 30 MIN (your choice)	REST/CROSS TRAIN	10 MINS EASY/ 10 MINS FASTER/ 10 MINS EASY	WALK/RUN 20 MIN (your choice)	STRETCH/YOGA 20 MIN	RUN 10 MIN WARMUP/ 18 MIN STEADY EFFORT/ 10 MIN COOL DOWN
4	REST DAY	WALK/RUN 30 MIN (your choice)	REST/CROSS TRAIN	RUN 10 MIN EASY 12 MIN FASTER 10 MIN EASY	REST DAY	5K RACE DAY!	

GLOSSARY

REST DAY - Recover, take the day off

COOL DOWN: A period of light physical activity, like walking, after a longer or harder run. Done to help bring the heart rate down gradually and prevent the blood from pooling in the legs.

CROSS TRAIN- The action of engaging in two or more sports or types of exercise in order to improve fitness or performance in one's main sport. Examples include weight training, swimming, cycling

ROLLING HILLS - Incorporate a route with many hills. If you don't live in a neighborhood with hills, check out a parking garage

HILL REPEATS - Find a hill, start at the bottom and work your way up. Walk or jog down and repeat.

SHAKE OUT RUN - Join us in Waco on Saturday, May 29th for a Badass Texas Shake Out Social Run



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10K SIX WEEK TRAINING PLAN

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	REST DAY	2 MILE RUN	CROSS TRAIN/YOGA	3 MILE RUN	REST/CROSS TRAIN	2 MILE RUN	3 MILE RUN
2	REST DAY	3 MILE RUN	CROSS TRAIN/YOGA	1 MILE WARM UP 2 MILES ROLLING HILLS 1 MILE COOL DOWN	REST/CROSS TRAIN	2 MILE RUN	4 MILE RUN
3	REST DAY	4 MILE RUN	CROSS TRAIN/YOGA	1 MILE WARM UP 2 MILES ROLLING HILLS 1 MILE COOL DOWN	REST/CROSS TRAIN	2 MILE RUN	4 MILE RUN
4	REST DAY	5 MILE RUN	CROSS TRAIN/YOGA	1 MILE WARM UP 2 MILE HILL REPEATS 1 MILE COOL DOWN	REST/CROSS TRAIN	2 MILE RUN	5 MILE RUN
5	REST DAY	5 MILE RUN	CROSS TRAIN/YOGA	1 MILE WARM UP 2 MILE HILL REPEATS 1 MILE COOL DOWN	REST/CROSS TRAIN	3 MILE RUN	6 MILE RUN
6	REST DAY	3 MILE RUN	CROSS TRAIN/YOGA	4 MILE RUN	OFF	10K RACE DAY!	

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