



PM 7 5K Training

4 Week Plan

Starting in April (After DMC)



Week 1	Week 2	Week 3	Week 4
Mon, April 6th 20 min walk/run Run Club @ 5pm	Mon, April 13th 25 min walk/run Run Club @ 5pm	Mon, April 20th 30 min run Run Club @ 5pm	Mon, April 27th 30 min run Run Club @ 5pm
Tues, April 7th Strength Training, Stretching, or Rest	Tues, April 14th Strength Training, Stretching, or Rest	Tues, April 21st Strength Training, Stretching, or Rest	Tues, April 28th Strength Training, Stretching, or Rest
Wed, April 8th 1-3 miles walk/run Run Club @5pm	Wed, April 15th 1.5-3 miles walk/run Run Club @5pm	Wed, April 22nd 2-3 miles walk/run Run Club @5pm	Wed, April 29th 2-3 miles run Run Club @5pm
Thurs, April 9th Strength Training, Stretching, or Rest	Thurs, April 16th Strength Training, Stretching, or Rest	Thurs, April 23rd Strength Training, Stretching, or Rest	Thurs, April 30th Strength Training, Stretching, or Rest
Fri, April 10th 10 min walk/run Run Club @6:15am	Fri, April 17th 15 min walk/run Run Club @6:15am	Fri, April 24th 20 min walk/run Run Club @6:15am	Fri, May 1st: 25 min walk/run Run Club @6:15am
Sat, April 11th 1.5 mile Run	Sat, April 18th 2 mile run	Sat, April 25th 2.5 mile run	Sat, May 2nd RACE DAY <3



***Run Club Meetings start at the Field House! Sarah will be there Wednesdays. You can text her at 281-235-2282 for more information!**
***Pop up Stretch Sessions with Fitness Clubs will also be available**