



3rd Annual Strides 2 Survive 5K



STRIDES 2 SURVIVE

Virtual Fun Walk/Run - 8 Week Training Program

Race Day: Saturday, September 19, 2026

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	30 min walk	Rest or run/walk	1.5 mi run/walk	Rest or run/walk	1.5 mi run	Rest	1.5 mi run/walk
2	35 min walk	Rest or run/walk	1.75 mi run/walk	Rest or run/walk	1.5 mi run	Rest	1.75 mi run/walk
3	40 min walk	Rest or run/walk	2 mi run/walk	Rest or run/walk	1.5 mi run	Rest	2 mi run/walk
4	45 min walk	Rest or run/walk	2.25 mi run/walk	Rest or run/walk	1.5 mi run	Rest	2.25 mi run/walk
5	50 min walk	Rest or run/walk	2.5 mi run/walk	Rest or run/walk	2 mi run	Rest	2.5 mi run/walk
6	55 min walk	Rest or run/walk	2.75 mi run/walk	Rest or run/walk	2 mi run	Rest	2.75 mi run/walk
7	60 min walk	Rest or run/walk	3 mi run/walk	Rest or run/walk	2 mi run	Rest	3 mi run/walk
8	45 min walk	Rest or run/walk	3 mi run/walk	Rest or run/walk	2 mi run	Rest	5K RACE DAY!

Training Tips for Success

- Stay hydrated - drink water before, during, and after workouts | Warm up for 5 minutes before each session
- Listen to your body - rest if you feel pain | Wear proper running shoes | Track your progress!
- Cool down and stretch after each workout | Get adequate sleep for recovery | Have fun!

Strides 2 Survive - Every Step Counts! | Start Training: July 25, 2026