

5K TRAINING PLAN

BY

**FRIENDSHIP
MILES**

SEPTEMBER 2-6 FOCUS ON TIME, NOT PACE

TUES & THURS: RUN 1 MIN / WALK 2 MIN - 20 MINS TOTAL

SAT: RUN 1.5 MILES

SEPTEMBER 7-13 STRETCH AFTER SESSIONS

TUES & THURS: RUN 2 MIN / WALK 2 MIN - 25 MINS TOTAL

SAT: RUN 1.75 MILES

SEPTEMBER 14-20 BUILD CONSISTENCY

TUES: RUN 3 MIN / WALK 2 MIN - 25 MINS TOTAL

THURS: 30 MIN TOTAL RUN /WALK

SAT: RUN 2 MILES

SEPTEMBER 21-27 HYDRATE & GEAR CHECK

TUES: RUN 3 MIN / WALK 1 MIN - 30 MINS TOTAL

THURS: REPEAT TUES OR RUN 4 MIN / WALK 1 MIN - 30 MINS TOTAL

SAT: RUN 2.25 MILES

SEPTEMBER 28-OCTOBER 4 POST-RUN SNACK

TUES: RUN 4 MINS / WALK 1 MIN - 35 MINS TOTAL

THURS: REPEAT TUES OR RUN 5 MIN / WALK 1 MIN - 35 MINS TOTAL

SAT: RUN 2.5 MILES

OCTOBER 5-11 TRY A NEW ROUTE

TUES: RUN / WALK - 40 MINS TOTAL

THURS: RUN 4-5 MIN/ WALK 1 MIN - 1 MIN INTERVALS

SAT: RUN 2.75 MILES

OCTOBER 12-18 TEST RACE OUTFIT

TUES: RUN / WALK - 30--35 MINS TOTAL

THURS: RUN 3 MINS / WALK 4 MINS - 1 MIN INTERVALS

SAT: RUN 3 MILES

OCTOBER 19-25 YOU DID IT!

TUES: 20 MIN EASY

THURS: REST

SAT: RACE DAY!

 **ALGER HEIGHTS
HALLOWEEN 5K**