



## JANNEY 5K & FUN RUN FAMILY TRAINING PLAN



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Run/walk	Rest/ Cross-train	Run/Walk	Walk (distance)	Rest/ Cross-train	Run/Walk	Rest
<b>Week 1 (9/21)</b>	Run 1 min/ Walk 2 min - Repeat 10x		Run 1 min/ Walk 2 min - Repeat 10x	Walk easy for 30 mins		Run 1 min/ Walk 2 min - Repeat 10x	
<b>Week 2 (9/28)</b>	Run 2 min/ Walk 1 min - Repeat 10x		Run 3 min/ Walk 1 min - Repeat 7x Run 2 min	Walk easy for 30 mins		Run 4 min/ Walk 1 min - Repeat 6x	
<b>Week 3 (10/5)</b>	Run 5 min/ Walk 1 min - Repeat 5x		Run 5 min/ Walk 1 min - Repeat 5x	Walk easy for 30 mins		Run 6 min/ Walk 1 min - Repeat 4x Run 2 min	
<b>Week 4 (10/12)</b>	Run 8 min/ Walk 1 min - Repeat 3x Run 3 min		Run 9 min/ Walk 1 min - Repeat 3x	Walk easy for 30 mins		Run 11 min/ Walk 1 min - Repeat 2x Run 6 min	
<b>Week 5 (10/19)</b>	Run 12 min/ Walk 1 min - Repeat 2x Run 4 min		Run 13 min/ Walk 1 min - Repeat 2x Run 2 min	Walk easy for 30 mins		Run 15 min/ Walk 1 min/ Run 14 min	
<b>Week 6 (10/26)</b>	Run 16 min/ Walk 1 min/ Run 13 min		Run 18 min/ Walk 1 min/ Run 11 min	Walk easy for 30 mins		Run 20 min/ Walk 1 min/ Run 9 min	
<b>Week 7 (11/2)</b>	Run 22 min/ Walk 1 min/ Run 7 min		Run 24 min/ Walk 1 min/ Run 5 min	Walk easy for 30 mins		Run 26 min/ Walk 1 min/ Run 3 min	
<b>Week 8 (11/9)</b>	Run 28 min/ Walk 1 min/ Run 1 min		Run 29 min/ Walk 1 min	Walk easy for 30 mins		<b>Race Day/ Week!</b>	