



	MON	TUES	WED	THUR	FRI	SAT	SUN
WEEK 1	W 15-20 min	W 25 min	W or XT	W 20 min	Rest	W 2 miles or 25 min	Rest
	February 25	February 26	February 27	February 28	March 1	March 2	March 3
WEEK 2	W 20 min	Rest or XT	W 20-25 min	W 30 min	Rest	W 2 miles or 25 min	Rest
	March 4	March 5	March 6	March 7	March 8	March 9	March 10
WEEK 3	W 30 min	W 2 miles or 25 min	W or XT	W 2 miles or 25 min	Rest	W 2-3 miles or 25-30 min	Rest
	March 11	March 12	March 13	March 14	March 15	March 16	March 17
WEEK 4	W 30 min	W 2 miles or 25 min	W or XT	W 2-3 miles or 20-25 min	Rest	W 3 miles or 30-40 min	Rest
	March 18	March 19	March 20	March 21	March 22	March 23	March 24
WEEK 5	W 2 miles or 25 min	W or XT	W 2-3 miles or 20-30 min	W 30 min	Rest or XT	W 3-4 miles or 30-40 min	Rest
	March 25	March 26	March 27	March 28	March 29	March 30	March 31
WEEK 6	W 30 min	W 3 miles or 30-35 min	Rest	W 2-3 miles or 20-30 min	Rest or XT	W 3-4 miles or 30-40 min	Rest
	April 1	April 2	April 3	April 4	April 5	April 6	April 7
WEEK 7	W 3 miles or 35 min	Rest or XT	W 30 min	W 2-3 miles or 20-30 min	Rest	W 4-5 miles or 30-40 min	Rest
	April 8	April 9	April 10	April 11	April 12	April 13	April 14
WEEK 8	W 30 min Or XTtrain	W 2-3 miles or 25-30 min	W	5K	Rest	W 30 min	Rest
	April 15	April 16	April 17	April 18			

R = Run W = Walk XT = Cross Training
Consult a physician before beginning any exercise program



Thinking about doing a 5k? Here are your next steps!

- Post this Training Plan in your office for daily encouragement.
- Get 'shoe fit' at Track Shack. Bring in your gently used shoes for evaluation and to donate.
- Go to Corporate5k.com and register. And Get SOCIAL!

