



5 MILE 2 MILE

Presented by



6 WEEK 5 MILE TRAINING GUIDE

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This plan is designed to help you feel good while participating in the U Can Finish 5 Mile using a three day a week method.

Table with 8 columns (Monday-Sunday) and 7 rows (WEEK 1-6) detailing training schedules including activities like 'Get Motivated!', 'Cross Train', and 'RACE DAY!'.

POINTERS AND TIPS

- List of 6 tips for walking, interval training, running pace, and cross-training.

Consult a physician before beginning any exercise program.



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