



8 Week 5K Training Plan

Before starting any exercise program, it's important to get a full physical check-up from your doctor. All workouts should be performed at a comfortable, conversational pace. While optional, cross-training is strongly encouraged and can include activities like swimming, cycling, spinning, rowing, strength training, or walking. These sessions should last 30-45 minutes and be done at an easy to moderate intensity.

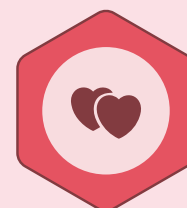
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WIN PRIZES!

EARN BADGES!



PINK SUPPORTER
Raise \$25



MAMMO CHAMPION
Raise \$180



FUNDRAISING QUEEN
Raise \$250

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Walk 3 Minutes Run 2 Minutes (Repeat 4X)	REST	Walk 3 Minutes Run 2 Minutes (Repeat 4X)	REST	Walk 3 Minutes Run 2 Minutes (Repeat 4X)	REST	Walk 3 Minutes Run 2 Minutes (Repeat 5X)
WEEK 2	REST	Walk 2 Minutes Run 3 Minutes (Repeat 5X)	REST	Walk 2 Minutes Run 3 Minutes (Repeat 5X)	REST	Walk 2 Minutes Run 3 Minutes (Repeat 5X)	REST
WEEK 3	Run 4 Minutes Walk 2 Minutes (Repeat 6X)	Cross-train	Run 4 Minutes Walk 2 Minutes (Repeat 6X)	Cross-train	Run 4 Minutes Walk 2 Minutes (Repeat 6X)	REST	Run 4 Minutes Walk 2 Minutes (Repeat 6X)
WEEK 4	REST	Run 4 Minutes Walk 1 Minute (Repeat 7X)	Cross-train	Run 4 Minutes Walk 1 Minute (Repeat 7X)	Cross-train	Run 4 Minutes Walk 1 Minute (Repeat 7X)	REST
WEEK 5	Run 5 Minutes Walk 1 Minute (Repeat 7X)	Cross-train	Run 5 Minutes Walk 1 Minute (Repeat 8X)	Cross-train	Run 5 Minutes Walk 1 Minute (Repeat 8X)	REST	Run 5 Minutes Walk 1 Minute (Repeat 8X)
WEEK 6	REST	Run 5 Minutes Walk 1 Minute (Repeat 9X)	Cross-train	Run 5 Minutes Walk 1 Minute (Repeat 9X)	Cross-train	Run 5 Minutes Walk 1 Minute (Repeat 9X)	REST
WEEK 7	Run 5 Minutes Walk 1 Minute (Repeat 10X)	Cross-train	Run 5 Minutes Walk 1 Minute (Repeat 10X)	Cross-train	Run 5 Minutes Walk 1 Minute (Repeat 10X)	REST	Run 5 Minutes Walk 1 Minute (Repeat 10X)
WEEK 8	REST	Run 5 Minutes Walk 1 Minute (Repeat 10X)	REST	Run 5 Minutes Walk 1 Minute (Repeat 8X)	REST	EVENT DAY (Have Fun!)	REST

For more great information on reaching your goals... [Run to TrackShack.com](http://RuntoTrackShack.com)

LadyTrackShack.com