



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Outdoor/Treadmill 5K Training (3.1 miles)							
Weeks	Monday	Tuesday	Wed	Thursday	Friday	Saturday	Sunday
1	Walk 3min- run 1 min 20 min	Cross Train 45 min	Walk 3min- run 1 min 20 min	Cross Train 45 min	Walk 3min- run 1 min 20 min	Cross Train 45 min	Rest
2	Walk 3min- run 1 min 25 min	Cross Train 45 min	Walk 3min- run 1 min 25 min	Cross Train 45 min	Walk 3min- run 1 min 25 min	Cross Train 45 min	Rest
3	Run 3min Walk1 min 25 min	Cross Train 45 min	Run 3min Walk1 min 25 min	Cross Train 45 min	Run 3min Walk1 min 25 min	Cross Train 45 min	Rest
4	Jog/Run 20-25 min	Cross Train 45 min	Jog/Run 20-25 min	Cross Train 45 min	Jog/Run 20-25 min	Cross Train 45 min	Rest
5	Jog/Run 20-24 min	Cross Train 45 min	Jog/Run 20-24 min	Cross Train 45 min	Jog/Run 20-24 min	Cross Train 45 min	Rest
6	Jog/Run 1.5 miles	Cross Train 45 min	Jog/Run 1.5 miles	Cross Train 45 min	Jog/Run 1.5 miles	Cross Train 45 min	Rest
7	Jog/Run 1.5 miles	Cross Train 45 min	Jog/Run 1.5 miles	Cross Train 45 min	Jog/Run 1.5 miles	Cross Train 45 min	Rest
8	Jog/Run 2 miles	Cross Train 45 min	Jog/Run 2 miles	Cross Train 45 min	Jog/Run 2 miles	Cross Train 45 min	Rest
9	RUN 2 miles	Cross Train 45 min	RUN 2 miles	Cross Train 45 min	RUN 2 miles	Cross Train 45 min	Rest
10	RUN 2.5 miles	Cross Train 20 min	RUN 2.5 miles	Cross Train 45 min	RUN 2.5 miles	Cross Train 45 min	Rest
11	RUN 2.5 miles	Cross Train 2 miles	RUN 2.5 miles	Cross Train 45 min	RUN 2.5 miles	Cross Train 45 min	Rest
12	RUN 3 miles	Cross Train 45 min	RUN 3 miles	Cross Train 45 min	RUN 3 miles	Cross Train 45 min	Rest
Helpful Tips	<p>Cross training: perform non-running activities such as, strength training, swimming or yoga.</p> <p>Cross training increases fitness without putting stress on taxed muscles.</p> <p>Preform speed intervals: 1 minute easy pace, then 30 seconds moderate/ fast pace, this will help with endurance, stamina and distance. Rest: this is your body's needed chance to recover</p>						