



You can do a 5k!



	<u>Mon</u>	<u>Tues</u>	<u>Wed</u>	<u>Thurs</u>	<u>Fri</u>	<u>Sat</u>	<u>Sun</u>
Week 1	15 mins	off	15 mins	off	15 mins	20 mins	off
Week 2	15 mins	off	15 mins	off	15 mins	25 mins	off
Week 3	20 mins	off	20 mins	off	20 mins	30 mins	off
Week 4	20 mins	off	20 mins	off	20 mins	30 mins	off
Week 5	25 mins	off	20 mins	off	25 mins	35 mins	off
Week 6	25 mins	off	30 mins	off	25 mins	40 mins	off
Week 7	30 mins	off	25 mins	off	30 mins	45 mins	off
Week 8	30 mins	off	30 mins	off	30 mins	45 mins	off

At this point the athlete has gradually built up his/her cardiovascular, skeletal, muscular, and connective tissue systems to withstand the strain of steady running. The goal for this program is to cover the distance in a race situation with no walking. Many athletes will progress faster than this program is set up for, which is fine. BUT, if there is any question, **be conservative**.

Numbers below refer to miles to be run, rather than minutes.

Week 9	3	off	3	off	3	4	off
Week 10	3	off	4	off	3	4	off
Week 11	4	off	4	off	4	5	off
Week 12	4	off	4	off	1	5K Race	off

