

2019 Sleeping Bear 5K Training

Base Training	WK	DATES	MON	TUES	WED	THURS	FRI	SAT	SUN
	1	AUG 12-18	25 minutes	Strength & Core	25 minutes	Cross Training	Rest	30 min Run 2/Walk 1	Rest
	2	AUG 19-25	25 minutes	Strength & Core	30 minutes	Cross Training	Rest	35 min Run 2/Walk 1	Rest
	3	AUG 26-SEP1	30 minutes	Strength & Core	35 minutes	Cross Training	Rest	40 min Run 2/Walk 1	Rest
	4	SEP 2-8	30 minutes	Strength & Core	35 minutes	Cross Training	Rest	40 min Run 2/Walk 1	Rest
	5	SEP 9-15	35 minutes	Strength & Core	40 minutes	Cross Training	Rest	45 min Run 2/Walk 1	Rest
	6	SEP 16-22	35 minutes	Strength & Core	40 minutes	Cross Training	Rest	45 min Run 2/Walk 1	Rest
	7	SEP 23-29	40 minutes	Strength & Core	35 minutes	Cross Training	Rest	40 min Run 2/Walk 1	Rest
	8	SEP 30-OCT 6	35 minutes	Strength & Core	30 minutes	Cross Training	Rest	5k 3.1 Miles	Rest