

SPRING TRAINING



2019 5K Spring Training

	WK	DATES	MON	TUES	WED	THURS	FRI	SAT	SUN
Base Training	1	Apr 29 - MAY 5	25 minutes	Strength & Core	25 minutes	Cross Training	Rest	30 min Run 2/Walk 1	Rest
	2	MAY 6-12	25 minutes	Strength & Core	30 minutes	Cross Training	Rest	35 min Run 2/Walk 1	Rest
	3	MAY 13-19	30 minutes	Strength & Core	35 minutes	Cross Training	Rest	40 min Run 2/Walk 1	Rest
	4	MAY 20-26	30 minutes	Strength & Core	35 minutes	Cross Training	Rest	40 min Run 2/Walk 1	Rest
	5	MAY 27-JUN 2	35 minutes	Strength & Core	40 minutes	Cross Training	Rest	45 min Run 2/Walk 1	Rest
	6	JUN 3-9	35 minutes	Strength & Core	40 minutes	Cross Training	Rest	45 min Run 2/Walk 1	Rest
	7	JUN 10-16	40 minutes	Strength & Core	35 minutes	Cross Training	Rest	40 min Run 2/Walk 1	Rest
	8	JUN 17-23	35 minutes	Strength & Core	30 minutes	Cross Training	Rest	5k 3.1 Miles	Rest