



2020 5K Spring Training

	WK	DATES	MON	TUES	WED	THURS	FRI	SAT	SUN
Base Training	1	MAY 4 - MAY 10	25 minutes	Strength & Core	25 minutes	Cross Training	Rest	20 min Run 2/Walk 1	Rest
	2	MAY 11-MAY 17	25 minutes	Strength & Core	30 minutes	Cross Training	Rest	25 min Run 2/Walk 1	Rest
	3	MAY 18-MAY 24	30 minutes	Strength & Core	35 minutes	Cross Training	Rest	30 min Run 2/Walk 1	Rest
	4	MAY 25-MAY 31	30 minutes	Strength & Core	35 minutes	Cross Training	Rest	35 min Run 2/Walk 1	Rest
	5	JUN 1 - JUN 7	35 minutes	Strength & Core	40 minutes	Cross Training	Rest	40 min Run 2/Walk 1	Rest
	6	JUNN 8- JUN 14	35 minutes	Strength & Core	40 minutes	Cross Training	Rest	45 min Run 2/Walk 1	Rest
	7	JUN 15-JUN 21	40 minutes	Strength & Core	35 minutes	Cross Training	Rest	50 min Run 2/Walk 1	Rest
	8	JUN 22 - JUN 28	35 minutes	Strength & Core	30 minutes	Cross Training	Rest	5k 3.1 Miles	Rest