



## 2021 5K Spring Training

	WK	DATES	MON	TUES	WED	THURS	FRI	SAT	SUN
Base Training	1	7-Jun	25 minutes	Strength & Core	25 minutes	Cross Training	Rest	20 min Run 2/Walk 1	Rest
	2	14-Jun	25 minutes	Strength & Core	30 minutes	Cross Training	Rest	25 min Run 2/Walk 1	Rest
	3	21-Jun	30 minutes	Strength & Core	35 minutes	Cross Training	Rest	30 min Run 2/Walk 1	Rest
	4	28-Jun	30 minutes	Strength & Core	35 minutes	Cross Training	Rest	35 min Run 2/Walk 1	Rest
	5	5-Jul	35 minutes	Strength & Core	40 minutes	Cross Training	Rest	40 min Run 2/Walk 1	Rest
	6	12-Jul	35 minutes	Strength & Core	40 minutes	Cross Training	Rest	45 min Run 2/Walk 1	Rest
	7	19-Jul	40 minutes	Strength & Core	35 minutes	Cross Training	Rest	50 min Run 2/Walk 1	Rest
	8	26-Jul	35 minutes	Strength & Core	30 minutes	Cross Training	Rest	5k 3.1 Miles	Rest