

2022 Troy 5K Training Plan



	WK	DATES	MON	TUES	WED	THURS	FRI	SAT	SUN
Base Training	1	APR 25 - MAY 1	25 minutes	Strength & Core	25 minutes	Cross Training	Rest	20 min Run 2/Walk 1	Rest
	2	MAY 2 - MAY 8	30 minutes	Strength & Core	35 minutes	Cross Training	Rest	30 min Run 2/Walk 1	Rest
	3	MAY 9 - MAY 15	30 minutes	Strength & Core	35 minutes	Cross Training	Rest	35 min Run 2/Walk 1	Rest
	4	MAY 16 - MAY 22	35 minutes	Strength & Core	40 minutes	Cross Training	Rest	40 min Run 2/Walk 1	Rest
	5	MAY 23 - MAY 29	40 minutes	Strength & Core	35 minutes	Cross Training	Rest	50 min Run 2/Walk 1	Rest
	6	MAY 30 - JUN 5	35 minutes	Strength & Core	30 minutes	Cross Training	Rest	5k 3.1 Miles	Rest