

## 2022 Traverse City 5K Training Plan



	WK	DATES	MON	TUES	WED	THURS	FRI	SAT	SUN
Base Training	1	MAY 30 - JUN 5	25 minutes	Strength & Core	25 minutes	Cross Training	Rest	20 min Run 2/Walk 1	Rest
	2	JUN 6 - JUN 12	25 minutes	Strength & Core	30 minutes	Cross Training	Rest	25 min Run 2/Walk 1	Rest
	3	JUN 13 - JUN 19	30 minutes	Strength & Core	35 minutes	Cross Training	Rest	30 min Run 2/Walk 1	Rest
	4	JUN 20 - JUN 26	30 minutes	Strength & Core	35 minutes	Cross Training	Rest	35 min Run 2/Walk 1	Rest
	5	JUN 27 - JULY 3	35 minutes	Strength & Core	40 minutes	Cross Training	Rest	40 min Run 2/Walk 1	Rest
	6	JULY 4 - JULY 10	35 minutes	Strength & Core	40 minutes	Cross Training	Rest	45 min Run 2/Walk 1	Rest
	7	JULY 11 - JULY 17	40 minutes	Strength & Core	35 minutes	Cross Training	Rest	50 min Run 2/Walk 1	Rest
	8	JULY 18 - JULY 21	35 minutes	Rest	5k 3.1 Miles	Rest			