

2023 5K Training Plan



WK	DATES	SUN	MON	TUES	WED	THURS	FRI	SAT
1	APRIL 23-APRIL 29	Rest	25 minutes	Strength & Core	25 minutes	Cross Training	Rest	20 minutes Run 2/Walk 1
2	APRIL 30-MAY 6	Rest	30 minutes	Strength & Core	35 minutes	Cross Training	Rest	30 minutes Run 2/Walk 1
3	MAY 7-MAY 13	Rest	30 minutes	Strength & Core	35 minutes	Cross Training	Rest	35 minutes Run 2/Walk 1
4	MAY 14-MAY 20	Rest	35 minutes	Strength & Core	40 minutes	Cross Training	Rest	40 minutes Run 2/Walk 1
5	May 21-MAY 27	Rest	40 minutes	Strength & Core	35 minutes	Cross Training	Rest	50 minutes Run 2/Walk 1
6	MAY 28-JUNE 3	Rest	35 minutes	Strength & Core	30 minutes	Cross Training	Rest	5K 3.1 Miles