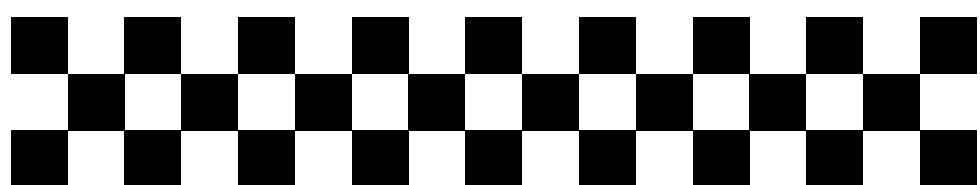




5 WEEK TRAINING PROGRAM



Week 1 (September 25th thru October 1st)

- Day 1: Run 5 minutes, walk 1 minute. Repeat 3 times.
- Day 2: Rest or cross-train.
- Day 3: Run 6 minutes, walk 1 minute. Repeat 3 times.
- Day 4: Rest.
- Day 5: Run 7 minutes, walk 1 minute. Repeat 3 times.
- Day 6: Rest or cross-train.
- Day 7: Rest.

Week 2 (October 2nd thru October 8th)

- Day 1: Run 7 minutes, walk 1 minute. Repeat 3 times.
- Day 2: Rest or cross-train.
- Day 3: Run 8 minutes, walk 1 minute. Then, run hard for 1 minute, walk for 2 minutes; repeat 3 times. Finish with a 7-minute run and a 1-minute walk.
- Day 4: Rest.
- Day 5: Run 9 minutes, walk 1 minute. Repeat 3 times.
- Day 6: Rest or cross-train.
- Day 7: Rest.

Week 3 (October 9th thru October 15th)

- Day 1: Run 10 minutes, walk 1 minute. Repeat 2 times.
- Day 2: Cross-train.
- Day 3: Run 12 minutes, walk 1 minute. Then run hard for 1 minute, walk for 2 minutes. Repeat 4 times.
- Day 4: Rest.
- Day 5: Run 13 minutes, walk 1 minute. Repeat 2 times.
- Day 6: Rest or cross-train.
- Day 7: Rest.

Week 4 (October 16th thru October 22nd)

- Day 1: Run 15 minutes, walk 1 minute. Repeat 2 times.
- Day 2: Cross-train.
- Day 3: Run 17 minutes, walk 1 minute. Then add two intervals where you run hard for 1 minute, walk for 2 minutes.
- Day 4: Rest.
- Day 5: Run 19 minutes, walk 1 minute, run 7 minutes.
- Day 6: Rest or cross-train.
- Day 7: Rest.

Week 5 (October 23rd thru October 29th)

- Day 1: Run 20 minutes, walk 1 minute, run 6 minutes.
- Day 2: Cross-train.
- Day 3: Run 15 minutes, walk 1 minute. Then run hard for 1 minute, walk for 2 minutes. Repeat 3 times.
- Day 4: Rest.
- Day 5: Run 26 minutes.
- Day 6: Rest or cross-train.
- Day 7: Rest.

Week 6 (October 30th thru November 5th)

YOU ARE READY FOR THE FALL BACK 5K!

