

FALL UNIFIED 5K TRAINING PLAN

(RUNNING)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1 8/30 - 9/5	15 minute warm-up walk, 3x 1 minute jog & 1 minute walk, 10 minute cool-down walk =31 minutes	10 minute walk, Strength Circuit 1, Stretch Circuit 1	15 minute warm-up walk , 3x 2 minute jog & 1 minute walk, 10 minute cool-down walk =34 minutes	10 minute walk, Strength Circuit 2, Stretch Circuit 2	15 minute warm-up walk, 3x 1 minute jog & 1 minute walk, 10 minute cool-down walk =31 minutes	OFF DAY	15 minute warm-up walk, 5 minute jog, 10 minute cool-down walk = 30 minutes
WEEK 2 9/6 - 9/12	15 minute warm-up walk, 3x 2 minute jog & 1 minute walk, 10 minute cool-down walk =34 minutes	10 minute walk, Strength Circuit 1, Stretch Circuit 1	15 minute warm-up walk , 3x 3 minute jog & 1 minute walk, 10 minute cool-down walk =37 minutes	10 minute walk, Strength Circuit 2, Stretch Circuit 2	15 minute warm-up walk, 3x 2 minute jog & 1 minute walk, 10 minute cool-down walk =34 minutes	OFF DAY	15 minute warm-up walk, 10 minute jog, 10 minute cool-down walk = 35 minutes
WEEK 3 9/13 - 9/19	5 minute warm-up walk, 3x 3 minute jog & 1 minute walk, 10 minute cool-down walk =37 minutes	10 minute walk, Strength Circuit 1, Stretch Circuit 1	15 minute warm-up walk , 3x 4 minute jog & 1 minute walk, 10 minute cool-down walk =40 minutes	10 minute walk, Strength Circuit 2, Stretch Circuit 2	15 minute warm-up walk, 3x 3 minute jog & 1 minute walk, 10 minute cool-down walk =37 minutes	OFF DAY	15 minute warm-up walk, 15 minute jog, 10 minute cool-down walk = 40 minutes
WEEK 4 9/20 - 9/26	10 minute warm-up walk, 3x 4 minute jog & 1 minute walk, 10 minute cool-down walk =35 minutes	10 minute walk, Strength Circuit 1, Stretch Circuit 1	10 minute warm-up walk , 3x 5 minute jog & 1 minute walk, 10 minute cool-down walk =38 minutes	10 minute walk, Strength Circuit 2, Stretch Circuit 2	10 minute warm-up walk, 3x 4 minute jog & 1 minute walk, 10 minute cool-down walk =35 minutes	OFF DAY	10 minute warm-up walk, 20 minute jog, 10 minute cool-down walk = 40 minutes

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 5 9/27 - 10/3	10 minute warm-up walk, 3x 5 minute jog & 1 minute walk, 10 minute cool-down walk =38 minutes	10 minute walk, Strength Circuit 1, Stretch Circuit 1	10 minute warm-up walk , 3x 6 minute jog & 1 minute walk, 10 minute cool-down walk =41 minutes	10 minute walk, Strength Circuit 2, Stretch Circuit 2	10 minute warm-up walk, 3x 5 minute jog & 1 minute walk, 10 minute cool-down walk =38 minutes	OFF DAY	10 minute warm-up walk, 25 minute jog, 10 minute cool-down walk = 45 minutes
WEEK 6 10/4 - 10/10	10 minute warm-up walk, 3x 6 minute jog & 1 minute walk, 10 minute cool-down walk =41 minutes	10 minute walk, Strength Circuit 1, Stretch Circuit 1	10 minute warm-up walk , 3x 7 minute jog & 1 minute walk, 10 minute cool-down walk =44 minutes	10 minute walk, Strength Circuit 2, Stretch Circuit 2	10 minute warm-up walk, 3x 6 minute jog & 1 minute walk, 10 minute cool-down walk =41 minutes	OFF DAY	10 minute warm-up walk, 2x 15 minute jog, 10 minute cool-down walk = 50 minutes
WEEK 7 10/11 - 10/17	10 minute warm-up walk, 3x 7 minute jog & 1 minute walk, 10 minute cool-down walk =44 minutes	10 minute walk, Strength Circuit 1, Stretch Circuit 1	10 minute warm-up walk , 2x 8 minute jog & 1 minute walk, 10 minute cool-down walk =39 minutes	10 minute walk, Stretch Circuit 2	15 minute warm-up walk, 1x 7 minute jog & 1 minute walk, 10 minute cool-down walk =33 minutes	OFF DAY	5K Race Day!