

RUN A KID TO CAMP

5K Training Schedule

February 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 REST	2 Run 1 min, walk 1 min Repeat x 10	3 Run 2 min, walk 4 min Repeat x 5	4 Run 2 min, walk 4 min Repeat x 5	5 REST	6 1 mile
7 walk/cross	8 REST	9 Run 3 min, walk 3 min Repeat x 4	10 Run 3 min, walk 3 min Repeat x 4	11 Run 5 min, walk 3 min Repeat x 3	12 REST	13 1.5 miles
14 walk/cross	15 REST	16 Run 7 min, walk 2 min Repeat x 3	17 Run 8 min, walk 2 min Repeat x 3	18 Run 8 min, walk 2 min Repeat x 3	19 REST	20 2 miles
21 walk/cross	22 REST	23 Run 8 min, walk 2 min Repeat x 3	24 Run 10 min, walk 2 min Repeat x 2 Run 5 min	25 Run 8 min, walk 2 min Repeat x 3	26 REST	27 2.5 miles
28 walk/cross						

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March 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 REST	2 Run 9 min, walk 1 min Repeat x 3	3 Run 12 min, walk 2 min Repeat x 2 Run 5 min	4 Run 8 min, walk 2 min Repeat x 3	5 REST	6 3 miles
7 walk/cross	8 Run 15 min, walk 1 min Repeat x 2	9 REST	10 Run 8 min, walk 2 min Repeat x 3	11 REST	12 REST	13 RACE DAY!!