



5K 4 Week Training Plan

Date Started: _____ Goal: _____

| Wk | Mon | Tues | Wed | Thur | Fri | Sat | Sun |
|----|------------------------|-------------------------|-------------------|-------------------------|------------------------|--------------|------|
| 1 | Strength Lower Body | Run / Walk 20 min | Rest & Stretch | Run / Walk 20 min | Strength Lower Body | 2 miles | Rest |
| 2 | Strength Lower Body | Run / Walk 25 min | Rest & Stretch | Run / Walk 25 min | Strength Lower Body | 2.5 miles | Rest |
| 3 | Strength Lower Body | Run / Walk 30 min | Rest & Stretch | Run / Walk 30 min | Strength Lower Body | 3 miles | Rest |
| 4 | Strength Lower Body | Run / Walk 20 min | Rest & Stretch | Run / Walk 20 min | Strength Lower Body | Race Day | Rest |

Race Info: www.GoldysRun.com