

## **5K** 4 Week Training Plan

## Date Started: \_\_\_\_\_Goal: \_\_\_\_\_

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

Race Info: www.GoldysRun.com