



-Presented by-



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	Cross Train	Rest	2 miles
2	Strength Lower Body	Run / Walk 25 min	Rest & Stretch	Run / Walk 25 min	Cross Train	Rest	2.5 miles
3	Strength Lower Body	Run / Walk 30 min	Rest & Stretch	Run / Walk 30 min	Cross Train	Rest	3 miles
4	Strength Lower Body	Run / Walk 20 min	Rest & Stretch	Run / Walk 20 min	Rest	Run / Walk 15 min	Race Day

Race Info: www.GoldysRun.com