

	Week of:	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Pre-Training	8-Jan	Rest	Cross Training (Optional)	Walk 5 min	Rest	Walk 5 min	Cross Training (Optional)	5-8 minute run
Pre-Training	15-Jan	Rest	Cross Training (Optional)	Walk 5 min Run 5 min	Rest	Walk 5 min Run 5 min	Cross Training (Optional)	8 minute run
Pre-Training	22-Jan	Rest	Cross Training (Optional)	Walk 5 min Run 5 min	Rest	Walk 5 min Run 5 min	Cross Training (Optional)	8 minute run
Pre-Training	29-Jan	Rest	Cross Training (Optional)	Walk 5 min Run 5 min	Rest	Walk 5 min Run 5 min	Cross Training (Optional)	8-10 minute run
Pre-Training	5-Feb	Rest	Cross Training (Optional)	Walk 5 min Run 5 min	Rest	Walk 5 min Run 5 min	Cross Training (Optional)	10 minute run
	Week of:	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<b>Start Training</b>	<b>12-Feb</b>	Rest	Cross Training (Optional)	10 minute run	Rest	10 minute run	Cross Training (Optional)	10-15 minute run
<b>WEEK 2</b>	<b>19-Feb</b>	Rest	Cross Training (Optional)	10 minute run	Rest	10 minute run	Cross Training (Optional)	1 Mile Run
<b>WEEK 3</b>	<b>26-Feb</b>	Rest	Cross Training (Optional)	10 minute run	Rest	13 minute run	Cross Training (Optional)	1.5 mile Run
<b>WEEK 4</b>	<b>5-Mar</b>	Rest	Cross Training (Optional)	13 minute run	Rest	13 minute run	Cross Training (Optional)	1.5 mile Run
<b>WEEK 5</b>	<b>12-Mar</b>	Rest	Cross Training (Optional)	15 minute run	Rest	15 minute run	Cross Training (Optional)	2 Mile Run
<b>WEEK 6</b>	<b>19-Mar</b>	Rest	Cross Training (Optional)	15 minute run	Rest	20 minute run	Cross Training (Optional)	2 Mile Run
<b>WEEK 7</b>	<b>26-Mar</b>	Rest	Cross Training (Optional)	20 minute run	Rest	20 minute run	Cross Training (Optional)	2.5 Mile Run
<b>WEEK 8</b>	<b>2-Apr</b>	Rest	Cross Training (Optional)	25 minute run	Rest	25 minute run	Cross Training (Optional)	3 Mile Run
<b>WEEK 9</b>	<b>9-Apr</b>	Rest	Cross Training (Optional)	25 minute run	Rest	30 minute run	Cross Training (Optional)	3 Mile Run
<b>WEEK 10</b>	<b>16-Apr</b>	Rest	Cross Training (Optional)	30 minute run	Rest	30 minute Run	Cross Training (Optional)	3.5 Mile Run
<b>WEEK 11</b>	<b>23-Apr</b>	Rest	Cross Training (Optional)	25 minute run	Rest	25 minute run	Cross Training (Optional)	3 Mile Run
<b>5K WEEK!</b>	<b>30-Apr</b>	Rest	Rest	25 minute run	Rest	25 minute run	Rest	5K!
Finish each workout with 5-10 minutes of stretching.								
Use Tuesdays and Fidays to cross train. (Optional)								