

Pink on Parade 5K

Training Guide

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8/31 Run 1 min Walk 2 min, Repeat 8x	9/01 Rest	9/02 Run 1 min Walk 1 min, Repeat 10x	9/03 Rest	9/04 Run 1 min Walk 1 min, Repeat 10x	9/05 Rest
9/06 Walk 40-60 min	9/07 Run 2 min, Walk 1 min Repeat 8x	9/08 Rest	9/09 Run 4 min, Walk 2 min Repeat 4x	9/10 Rest	9/11 Run 4 min, Walk 2 min Repeat 6x	9/12 Rest
9/13 Walk 40-60 min	9/14 Run 6 min, Walk 2 min Repeat 3x	9/15 Rest	9/16 Run 6 min, Walk 2 min Repeat 3x	9/17 Rest	9/18 Run 8 min, Walk 2 min Repeat 3x	9/19 Rest
9/20 Walk 40-60 min	9/21 Run 10 min, Walk 2 min Repeat 2x	9/22 Rest	9/23 Run 12 min, Walk 2 min Repeat 2x	9/24 Rest	9/25 Run 12 min, Walk 2 min Repeat 2x	9/26 Rest
9/27 Walk 50-60 min	9/28 Run 15 min, Walk 2 min Repeat 2x	9/29 Rest	9/30 Run 10 min, Walk 2 min Repeat 3x	10/01 Rest	10/02 Run 30 min	10/03 Rest
10/04 Walk 60 min	10/05 Run 30 min	10/06 Rest	10/07 Run 20 min	10/08 Rest	10/09 Run 20 min	10/10 RACE DAY!

Incredible Together