

Pink on Parade 5K

Training Guide

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

