

5K TRAINING PLAN

Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Yoga	Walk	Strength	2 miles	Rest	2 miles	REST
Week 2	Yoga	Walk	Strength	2 miles	Rest	3 miles	REST
Week 3	Yoga	2 miles	Strength	2 miles	Rest	3 miles	REST
Week 4	Yoga	3 miles	Strength	3 miles	Rest	3 miles	REST
Week 5	Yoga	2 miles	Strength	Walk	Rest	5K	REST
Week 6	Yoga	2 miles	Strength	2 miles	Rest	2 miles	REST
Week 7	Yoga	3 miles	Strength	3 miles	Rest	3 miles	REST
Week 8	Yoga	2 miles	Strength	Walk	Rest	RACE!	REST

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