

5K Training Program

For the ROAM team members who have the “mission” to complete a 5k race (3.1 miles), below is an eight week training program designed to prepare you for a 5k race. You can follow this training program by walking, running, or a combination of the two.

	MON	COMPLETED	TUES	WED	COMPLETED	THURS	FRI	COMPLETED	SAT	COMPLETED	SUN
WEEK 1	15 MIN		OFF	15 MIN		OFF	15 MIN		25 MIN		OFF
WEEK 2	20 MIN		OFF	20 MIN		OFF	20 MIN		30 MIN		OFF
WEEK 3	25 MIN		OFF	25 MIN		OFF	25 MIN		35 MIN		OFF
WEEK 4	25 MIN		OFF	25 MIN		OFF	25 MIN		40 MIN		OFF
WEEK 5	30 MIN		OFF	30 MIN		OFF	30 MIN		45 MIN		OFF
WEEK 6	35 MIN		OFF	35 MIN		OFF	35 MIN		50 MIN		OFF
WEEK 7	35 MIN		OFF	35 MIN		OFF	35 MIN		55 MIN		OFF
WEEK 8	40 MIN		OFF	40 MIN		OFF	20 MIN		RACE DAY		OFF

Name _____