



Hope Lung Cancer 5K

8 Week Training Plan

Date	Mon	Tue	Wed	Thur	Fri	Sat	Sun	Run/Walk
	Rest	Run/Walk	XT or Rest	Run/Walk	XT or Rest	Run/Walk	Walk	Intevals
Sept 13 - Sept 19	Rest	1 mile	XT or Rest	1 mile	XT or Rest	1.5 miles	45 min. walk	Run 1 / Walk 2
Sept 20 - Sept 26	Rest	1.5 miles	XT or Rest	1.5 miles	XT or Rest	2 miles	45 min. walk	Run 2 / Walk 2
Sept 27 - Oct 3	Rest	1.5 miles	XT or Rest	1.5 miles	XT or Rest	2.25 miles	50 min. walk	Run 2 / Walk 2
Oct 4 - Oct 10	Rest	2 miles	XT or Rest	2 miles	XT or Rest	2.75 miles	50 min. walk	Run 3 / Walk 2
Oct 11 - Oct 17	Rest	2 miles	XT or Rest	2 miles	XT or Rest	3 miles	55 min. walk	Run 3 / Walk 1
Oct 18 - Oct 24	Rest	3 miles	XT or Rest	3 miles	XT or Rest	3.25 Miles	60 min. walk	Run 3 / Walk 1
Oct 25 - Oct 31	Rest	3 miles	XT or Rest	3 miles	XT or Rest	3.5 Miles	60 min. walk	Run 4 / Walk 1
Nov 1 - Nov 7	3 miles	XT or Rest	2 miles	Rest	30 min. walk	Hope Lung Cancer 5K	REST!	Run 4 / Walk 1

Run Days- By following the schedule you will be running 3 days a week. Please do a warm up walk and cool down walk of 5 minutes each. This will not only benefit your muscles, but also will add distance (and calories burned!) to your workout. It is important to do all of your "Run" day workouts. Running 3 times a week will prepare your body for the increase in miles the following week. Each week your runs will increase in length to a final distance of 3.5 miles. This will give you the endurance and mental advantage of doing more than your 5K fun run distance.

XT- "Cross Training" Days- A cross training exercise is any non-running activity that improves overall fitness. For example, swimming, cycling, strength training or yoga are all cross training activities. Doing an activity other than running is important to keep your fitness regimen fun and your body injury free.

Sunday Walks- This is a walk day where you will be walking at a comfortable pace. You should be able to walk and chat with a friend (but not sing!) for 45 minutes to an hour. This is a day to get more time on your feet, get a good work out, but not stress your muscles too much.

Rest- The all important rest day. Each week you need to take a minimum of 1 full rest day a week (maximum 3). Rest is just as important to a running program as the running itself. Rest allows the body to recover and repair your muscles to allow you to be stronger and be able to run a little farther the next week. Without recovery days, you will not be able to improve your fitness.

Note- We have put your Rest day on Mondays. This is assuming you will have more time on the weekend to get your workouts in. You can change your Rest day to Sunday and your Walk day to Monday if this meets your schedule better.

Questions? Contact us at coach@fleetfeetwinston-salem.com or check out MORE training tips at www.training.fleetfeetws.com