



# 5K TRAINING 2018

	Monday December 18, 2017	Tuesday 19	Wednesday 20	Thursday 21	Friday 22	Saturday 23	Sunday 24
WEEK #1	WARM UP, then alternate LIGHTLY - jog 1-2 min. - walk 1 min. - repeat 3x	WARM UP, then alternate LIGHTLY - jog 1-2 min. - walk 1 min. - repeat 3x	REST & STRETCH	WARM UP, then alternate LIGHTLY - jog 1-2 min. - walk 1 min. - repeat 4x	REST & STRETCH	WARM UP, then alternate LIGHTLY - jog 1-2 min. - walk 1 min. - repeat 4x	REST & STRETCH
	25	26	27	28	29	30	31
WEEK #2	WARM UP, then alternate MODERATELY - jog 3-5 min. - walk 2 min. - repeat 2x	WARM UP, then alternate MODERATELY - jog 3-5 min. - walk 2 min. - repeat 2x	REST & STRETCH	WARM UP, then alternate MODERATELY - jog 3-5 min. - walk 2 min. - repeat 2x	WARM UP, then alternate MODERATELY - jog 4-5 min. - walk 2 min. - repeat 2x	WARM UP, then alternate MODERATELY - jog 4-5 min. - walk 2 min. - repeat 2x	REST & STRETCH
	January 1, 2018	2	3	4	5	6	7
WEEK #3	REST & STRETCH	WARM UP, then MODERATELY - jog 15 min. or 1-mile	WARM UP, then MODERATELY - jog 15 min. or 1-mile	WARM UP, then LIGHT - powerwalk 10 min.	REST & STRETCH	WARM UP, then MODERATELY - jog 15 min. or 1-mile	REST & STRETCH
	8	9	10	11	12	13	14
WEEK #4	WARM UP, then MODERATELY - jog 15 min. or 1-mile	WARM UP, then alternate HARD - jog 5-8 min. - walk 3 min. - repeat 3x	REST & STRETCH	REST & STRETCH	WARM UP, then MODERATELY - jog 20 min. or 1.5-mile	REST & STRETCH	WARM UP, then LIGHT - powerwalk 10 min.
	15	16	17	18	19	20	21
WEEK #5	WARM UP, then alternate HARD - jog 8-10 min. - walk 3 min. - repeat 3x	WARM UP, then alternate HARD - jog 8-10 min. - walk 3 min. - repeat 3x	REST & STRETCH	WARM UP, then MODERATELY - jog 20 min. or 1.5-2 miles	WARM UP, then alternate HARD - jog 8-10 min. - walk 5 min. - repeat 4x	REST & STRETCH	WARM UP, then LIGHT - powerwalk 10 min.
	22	23	24	25	26	27	28
WEEK #6	WARM UP, then HARD - jog 20 min. or 1.5-2 miles	WARM UP, then HARD - jog 20 min. or 1.5-2 miles	REST & STRETCH	WARM UP, then HARD - jog 25 min. or 1.5-2 miles	WARM UP, then IW: - 10 sec. SPRINT - 30 sec. walk - repeat 4x - end with 10 min. HARD Jog	WARM UP, Alternate HARD - jog 12 min. - walk 3 min. - repeat 3x	REST & STRETCH
	29	30	31	February 1, 2018	2	3	4
WEEK #7	REST & STRETCH	WARM UP, then HARD - jog 30 min. or 2-2.5 miles	WARM UP, then LIGHT - powerwalk 10 min.	REST & STRETCH	WARM UP, then IW: - 5x10 sec. SPRINT - 30 sec. walk in - repeat 5x - end with 15 min. HARD Jog	WARM UP, then Alternate HARD - jog 15 min. - walk 3 min. - repeat 3x	REST & STRETCH
	5	6	7	8	9	10	11
WEEK #8	REST & STRETCH	WARM UP, then IW: - 5x12 sec. SPRINT - 30 sec. walk - repeat 5x - end with 20 min. HARD Jog	WARM UP, then Alternate HARD - jog 15 min. - walk 3 min. - repeat 3x	REST & STRETCH	WARM UP, then HARD - jog 30 min. or 2-2.5 miles	WARM UP, then HARD - jog 35 min. or 2-2.5 miles	REST & STRETCH
	12	13	14	15	16	17	18
WEEK #9	WARM UP, then HARD - jog 35 min. or 2.5-3 miles	WARM UP, then HARD - jog 40 min. or 3 miles	REST & STRETCH	WARM UP, then HARD - jog 40 min. or 3 miles	REST & STRETCH	WARM UP, then HARD - jog 45 min. or 3-3.5 miles	REST & STRETCH
	19	20	21	22	23	24	25
RACE WEEK	WARM UP, then HARD - jog 45 min. or 3-3.5 miles	WARM UP, then HARD - jog 30 min. or 2-2.5 miles	REST & STRETCH	WARM UP, then HARD - jog 20 min.	REST & STRETCH	<b>5K RACE DAY</b>	

## 8 On Your Side Health & Fitness Expo

February 23, 2018 – 10:00am – 8:00pm  
February 24, 2018 – 6:00am – 5:00pm



## Publix Gasparilla Distance Classic 5K

Saturday, February 24, 2018  
Wave #1 (30 min. & Under) – 9:15am  
Wave #2 (31 min. – 35 min.) – 9:25am  
Wave #3 (36 min. – 40 min.) – 9:35am  
Wave #4 (41 min. – 45 min.) – 9:45am  
Wave #5 (46 min. – 50 min.) – 9:55am  
Kellogg's 5K Stroller Roll – 10:05am  
Kashi 5K Walk (51 min.+ ) – 10:15am

## Key Words

WARM UP – 5-10 minutes of light walking/jogging  
RACE PACE – Goal minute per mile pace on Race Day  
LIGHTLY – Below race pace  
MODERATELY – Near race pace  
HARD – At race pace or better  
IW – Interval Workout  
SPRINT – All out, hard running