



# 10wks *to* 5K TRAINING

BOB HOLTZ WELLNESS CENTER

Each session should take about 30 minutes, 3 days per week. Be sure to stretch after, and start each session with a 5 minute warm-up walk or jog. Please feel free to run on the days of the week that work best for your schedule. Use this calendar to keep you on track and help plan for success.

WEEK	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	5 min walk 2 min jog 5 min walk	RELAX	5 min walk 2 min jog 5 min walk	RELAX	5 min walk 2 min jg 5 min walk	RELAX	RELAX
2	5 min walk 3 min jog 5 min walk	RELAX	5 min walk 3 min jog 5 min walk	RELAX	5 min walk 3 min jog 5 min walk	RELAX	RELAX
3	5 min walk 6 min jog 5 min walk	RELAX	4 min jog 5 min walk 4 min jog 5 min walk	RELAX	5 min walk 7 min jog 5 min walk	RELAX	RELAX
4	5 min walk 7 min jog 5 min walk	RELAX	5 min walk 8 min jog 5 min walk	RELAX	5 min walk 9 min jog 5 min walk	RELAX	RELAX
5	5 min walk 9 min jog 5 min walk	RELAX	6 min jog 5 min walk 6 min jog 5 min walk	RELAX	5 min walk 10 min jog 5 min walk	RELAX	5 min walk 11 min jog 5 min walk
6	5 min walk 11 min jog 5 min walk	RELAX	13 min jog 5 min walk	RELAX	16 min jog 5 min walk	RELAX	RELAX
7	15 min jog 5 min walk	RELAX	8 min jog 5 min walk 8 min jog 5 min walk	RELAX	16 min jog 5 min walk	RELAX	17 min jog 5 m in walk
8	17 min jog 5 min walk	RELAX	18 min jog 5 min walk	RELAX	20 min jog 5 min walk	RELAX	RELAX
9	20 min jog	RELAX	12 min jog 5 min walk 12 min jog	RELAX	24 min jog	RELAX	25 min jog
10	25 min jog	RELAX	27 min jog	RELAX	30 min jog	RELAX	RACE DAY