

NOVICE 5K - Run

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	MON	TUES	WED	THURS	FRI	SAT	SUN	
<u>Week 1</u>	Rest	1.5 mi run	30 mins cross train	1.5 mi run	Rest	1.5 mi run	30 min walk	4.5 miles Total
<u>Week 2</u>	Rest	1.75 mi run	30 mins cross train	1.5 mi run	Rest	1.75 mi run	35 min walk	5 miles Total
<u>Week 3</u>	Rest	2 mi run	30 mins cross train	1.5 mi run	Rest	2 mi run	40 min walk	5.5 miles Total
<u>Week 4</u>	Rest	2.25 mi run	30 mins cross train	1.5 mi run	Rest	2.25 mi run	45 min walk	6 miles Total
<u>Week 5</u>	Rest	2.50 mi run	30 mins cross train	2 mi run	Rest	2.50 mi run	50 min walk	6.5 miles Total
<u>Week 6</u>	Rest	2.75 mi run	30 mins cross train	2 mi run	Rest	2.75 mi run	55 min walk	7 miles Total
<u>Week 7</u>	Rest	3 mi run	30 mins cross train	2 mi run	Rest	3 mi run	60 min walk	7.5 miles Total
<u>Week 8</u>	Rest	3 mi run	20 mins cross train	2 mi run	Rest	Rest	5K RACE	8.12 miles Total