



presented by



5K 4 Week Training Plan

June 3, 2023

Date Started: _____ Goal: _____

Wk	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1	Strength Lower Body	Run / Walk 20 min	Rest & Stretch	Run / Walk 20 min	Cross Train	2 miles	Rest
2	Strength Lower Body	Run / Walk 25 min	Rest & Stretch	Run / Walk 25 min	Cross Train	2.5 miles	Rest
3	Strength Lower Body	Run / Walk 30 min	Rest & Stretch	Run / Walk 30 min	Cross Train	3 miles	Rest
4	Strength Lower Body	Run / Walk 20 min	Rest & Stretch	Run / Walk 20 min	Cross Train	Race Day	Rest

*For strength training and mobility exercises print out the plan from Coach Jaci
www.minnesotarunningseries.com/training