

ROTARY 5K TRAINING PROGRAM

Race: Friday, JULY 4TH 2008

*Please consult your physician before beginning any exercise program

Week	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
1	Rest	5 min warm up Run 1 min, walk 4 for 25 min 5 min stretch and cool down	Rest	Walk/Run Repeat Tuesday workout	Rest	Cross Train 25 min	Walk/Run Repeat Tuesday workout easy pace
2	Rest	5 min warm up Run 2 min, walk 5 for 28 min 5 min stretch and cool down	Rest	Walk/Run Repeat Tuesday workout	Rest	Cross Train 30 min	Walk/Run Repeat Tuesday workout easy pace
3	Rest	5 min warm up Run 3 min, walk 2 for 30 min 5 min stretch and cool down	Rest	Walk/Run Repeat Tuesday workout	Rest	Cross Train 30 min	Walk/Run Repeat Tuesday workout easy pace
4	Rest	5 min warm up Run 4 min, walk 1 for 30 min 5 min stretch and cool down	Rest	Walk/Run Repeat Tuesday workout	Rest	Cross Train 30 min	Walk/Run Repeat Tuesday workout easy pace
5	Rest	5 min warm up Run 5 min, walk 2 for 35 min 5 min stretch and cool down	Rest	5 min warm up Run 6 min, walk 2 for 32 min 5-7 min cool down	Rest	Cross Train 30 min	5 min warm up Run 6 min, walk 2 for 32 min Easy pace 5-7 min cool down
6	Rest	5 min warm up Run 6 min, walk 3 for 36 min 5-7 min walk/cool down	Rest	5 min warm up, Run 7 min, walk 3 for 30 min 5-7 min cool down	Rest	Cross Train 35 min	5 min warm up, Run 7 min, walk 3 for 30 min Easy 5-7 min cool down
7	Rest	5 min warm up Run 8 min, walk 2 for 40 min SLOW 5-7 min walk/cool down	Rest	5 min warm up Run 8 min, walk 3 min for 33 min 5-7 min cool	Rest	Cross Train 35 min	5 min warm up Run 8 min, walk 3 min for 33 min 5-7 min cool down
8	Rest	5 min warm up Run 5 min, walk 1 min for 18 min easy pace	Rest	5 min warm up Repeat Tuesday workout 5-7 min cool down	Rest	Rest	Run a 5k!