



Summer 2006 5K Training Program – Walk/Run General Progressive Program

	M	T	W	TH	F	SA	SU
WK 1	CROSS TRAIN 20-30 mins.	1 mile time trial	OFF		CROSS TRAIN OPTION 30 mins.		OFF
WK 2	CT	Walk – 4 Jog – 2 x 5 = 30 mins.	OFF	Walk – 4 Jog – 2 x 5 = 30 mins.	CT	Walk – 4 Jog – 2 x 5 = 30 mins.	OFF
WK 3	CT	Walk – 3 Jog – 2 X 6 = 30 mins.	OFF	Walk – 3 Jog – 2 X 6 = 30 mins.	CT	Walk – 3 Jog – 2 X 6 = 30 mins.	OFF
WK 4	CT	Walk – 2 Jog – 2 X 8 = 32 mins.	OFF	Walk – 2 Jog – 2 X 8 = 32 mins.	CT	Walk – 2 Jog – 2 X 8 = 32 mins.	OFF
WK 5	CT	Walk – 2 Jog – 3 X 6 = 30 mins.	OFF	Walk – 2 Jog – 3 X 6 = 30 mins.	CT	Walk – 2 Jog – 3 X 6 = 30 mins.	OFF
WK 6	CT	Walk – 2 Jog – 4 X 5 = 30 mins.	OFF	Walk – 2 Jog – 4 X 5 = 30 mins.	CT	Walk – 2 Jog – 4 X 5 = 30 mins.	OFF
WK 7	CT	Walk – 1 Jog – 5 X 5 = 30 mins.	OFF	Walk – 1 Jog – 5 X 5 = 30 mins.	CT	Walk – 1 Jog – 5 X 5 = 30 mins.	OFF
WK 8	CT	Walk – 1 Jog – 6 X 5 = 35 mins.	OFF	Walk – 1 Jog – 6 X 5 = 35 mins.	CT	Walk – 1 Jog – 6 X 5 = 35 mins.	OFF
WK 9	CT	Walk – 1 Jog – 8 X 4 = 36 mins.	OFF	Walk – 1 Jog – 8 X 4 = 36 mins.	CT	Walk – 1 Jog – 8 X 4 = 36 mins.	OFF
WK 10	CT	Walk – 1 Jog – 10 X 3 = 33 mins.	OFF	Walk – 1 Jog – 10 X 3 = 33 mins.	CT	Walk – 1 Jog – 10 X 3 = 33 mins.	OFF
RACE WEEK	CT	Walk – 1 Jog – 10 X 2 = 22 mins.	OFF	Walk 30 mins.	OFF	5 K Race!	OFF