

BEND marathon Kids



Family 5k - 4 Week Training Plan

WEEK	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	rest	easy 20min (1 min run, 1 min walk)	easy 20min (1 min run, 1 min walk)	rest	cross train 30min	easy 25 min (2min run, 1min walk)	15min easy (3min run, 1min walk)
2	rest	easy 20 min (3min run, 1 min walk)	easy 20 min (4min run, 1 min walk)	rest	cross train 35min	easy 25 min (4min run, 1min walk)	easy 18 min (5min run, 1 min walk)
3	rest	easy 20 min (6min run, 1 min walk)	easy 20 min (4min run, 30 sec walk)	rest	cross train 40min	easy 30 min (4min run, 30 sec walk)	easy 20 min (5min run, 1 min walk)
4	rest	easy 20 min (3min run, 20 sec walk)	easy 20 min (2min run, 15 sec walk)	rest	10 min (3min run, 20 seconds walk)	5K!	Celebrate!

Rest: Rest means a day you take off of running or any major activity. You can still go on an easy walk or some other easy activity/play, but nothing that requires exertion. The focus of this day is recovery

Easy run: Running at your "all day" pace, or the pace you feel you can hold for a long time without straining. It should feel comfortable. You could easily hold a conversation the whole run

Cross Train: Active recovery. Some sort of activity/exercise that you enjoy besides running (bike, hike, dance, swim, elliptical, jump rope, etc.) at a comfortably hard pace for the indicated time period for that day