



- Presented by -



# 5K 4 Week Training Plan

Date Started: \_\_\_\_\_ Goal: \_\_\_\_\_

Wk	Mon	Tues	Wed	Thur	Fri	Sat	Sun
<b>1</b>	Strength Lower Body	Run / Walk 20 min	Rest & Stretch	Run / Walk 20 min	Strength Lower Body	2 miles	Rest
<b>2</b>	Strength Lower Body	Run / Walk 25 min	Rest & Stretch	Run / Walk 25 min	Strength Lower Body	2.5 miles	Rest
<b>3</b>	Strength Lower Body	Run / Walk 30 min	Rest & Stretch	Run / Walk 30 min	Strength Lower Body	3 miles	Rest
<b>4</b>	Strength Lower Body	Run / Walk 20 min	Rest & Stretch	Run / Walk 20 min	Strength Lower Body	Run / Walk 15 min	Race Day

Race Info: [www.GoldysRun.com](http://www.GoldysRun.com)