	Mon-	Tuesday	Wednes-	Thurs-	Friday	Saturday	Sun-day
Week 1 May 20	day  Dynamic Warm-up  MYRTLs  TRACK DAY #1  or run 1.5 miles	Lower Body Strength CROSS TRAIN 30 min or REST	Dynamic Warm-up  Myrtl's  5 min warm-up  Run: walk (1: 2min) x 5  5 min cool-down  total = 25 min	Dead Bugs	CROSS TRAIN 30 min	Dynamic Warm-up  Myrtl's  5 min warm-up  Run: walk (2: 2min) x 5  5 min cool-down  total ~ 30 min ~0.7 – 1 miles	Foam Roll REST
Week 2	Dynamic Warm-up	Upper Body Strength	Dynamic Warm-up	Dead Bugs	CROSS TRAIN	Dynamic Warm-up	Foam Roll
May 27	MYRTLs	CROSS	Myrtl's	REST	30 min	Myrtl's	REST
	TRACK DAY #2	TRAIN 30 min or	5 min warm-up			5 min warm-up	
	or run 2.0	REST	Run: walk (1: 1min) x 10			Run: walk (2: 2min) x 5	
			5 min cool-down			5 min cool-down	
			total = 30 min			total ~ 30 min ~.0.7 - 1miles	
Week 3	Dynamic Warm-up	Lower Body Strength	Dynamic Warm-up	Dead Bugs	CROSS TRAIN	Dynamic Warm-up	Foam Roll
June 3	Myrtl's	CROSS	Myrtl's	REST	35 min	Myrtl's	REST
	TRACK DAY #3	TRAIN 35 min or	5min warm-up			5 min warm-up	
	or run 2.25	REST	Run: walk (2: 1min) x 8			Run: walk (3: 1min) x 5	
	miles		5min			5 min	

Adapted from Mario Fraioli, March 25, 2016 "5K Training for Beginners" Competitor.com

# Earned Runs™ Midwest Surgical Association 5K FUN RUN July 29, 2019 10 WEEK BEGINNER TRAINING PLAN WITH OPTIONAL TRACK-DAY

cool-down	cool-down
total = 34 min	total = 30 min ~ 1 - 1.5 miles

# Earned Runs™ Midwest Surgical Association 5K FUN RUN July 29, 2019 10 WEEK BEGINNER TRAINING PLAN WITH OPTIONAL TRACK-DAY

	Mon- DAY	TUESDAY	WEDNES- DAY	THUR S-DAY	FRI- DAY	SATURDAY	SUN- DAY
Week 4 June	Dynamic Warm-up Myrtl's	Upper Body Strength	Dynamic Warm-up Myrtl's	Dead Bugs		Dynamic Warm-up Myrtl's	Foam Roll
10	TRACK DAY #4  or run/ walk 3.0 miles	CROSS TRAIN 35 min or REST	5 min warm-up Run: walk (3: 1min) x 7  5 min cool-down  Total = 38 min	REST	CROSS TRAIN 35 min	5 min warm-up  Run: walk (3: 1min) x 8  5 min cool-down  total = 42 min ~ 1.7 – 2.4miles	REST
Week 5 June	Dynamic Warm-up Myrtl's	Lower Body Strength	Dynamic Warm-up Myrtl's	Dead Bugs		Dynamic Warm-up Myrtl's	Foam Roll
17	TRACK DAY #5 or run/	CROSS TRAIN 40 min or REST	5 min warm-up Run: walk (4: 1min) x 6	REST	CROSS TRAIN 40 min	5 min warm-up Run: walk (4: 1min) x 7	REST
	walk 1.75 miles		5min cool-down Total = 40 min			5 min cool-down total = 45 min ~ 2 - 2.8 miles	

Week 6	Dynamic Warm-up	Upper Body	Dynamic Warm-up	Dead Bugs		Dynamic Warm-up	Foam
June 24	Myrtl's	Strength	Myrtl's	-		Myrtl's	Roll
	TRACK DAY #6  or run/ walk 3.0 miles	CROSS TRAIN 40 min or REST	5 min warm-up Run: walk (5: 1min) x 6 5 min cool-down	REST	CROSS TRAIN 40 min	5 min warm-up Run: walk (6: 1min) x 5 5 min cool-down	REST
			total = 46 min			total = 45 min ~ 2.1 – 3 miles	

Myrtl's   Strength   Myrtl's   Myrtl's   Myrtl's   Ro   1			Mon- day	Tues-day	Wednes- day	Thurs- day	Fri- day	Saturday	Sun- day
TRACK CROSS 5 min CROSS 5 min Warm-up TRAIN Warm-up #7 40 min Run: walk Run: walk (8: 1min) x 3 walk REST REST S min Cool-down Cool-down  **Total = **Total = 37 min **Total = 3	7		Warm-up	Body	Warm-ups			Warm-ups	Foam
DAY			Myrtl's	Strength	Myrtl's			Myrtl's	Roll
walk         REST         REST         REST           3.0         5 min         5 min         cool-down           total = 37 min ~ 1.7- 2.4 miles           Week         Dynamic         Dynamic         Dynamic           8         Warm-up         Upper Warm-up         Dead Warm-up           Body         Bugs         Foo           July         MYRTLs         Strength         Myrtl's         Ro           8         TRACK         CROSS         5 min         CROSS         5 min           DAY         TRAIN         warm-up         TRAIN         warm-up           #8         45 min         45 min         Run: walk           Or         or         (9: 1min) x 3         (10: 1min) x 3           run/         REST         REST         REST           walk         5 min         5 min         5 min			DAY	TRAIN	warm-up		TRAIN	warm-up	
Week         Dynamic         Dynamic         Dynamic           8         Warm-up         Upper Body         Bugs         Warm-up           9         July MYRTLs         Strength         Myrtl's         Myrtl's         Myrtl's         Roll           8         TRACK         CROSS         5 min         CROSS         5 min         TRAIN         warm-up         Warm-up         45 min         Warm-up         Warm-up <t< th=""><th></th><th></th><th>walk 3.0</th><th></th><th>5 min</th><th>REST</th><th></th><th>5 min</th><th>REST</th></t<>			walk 3.0		5 min	REST		5 min	REST
8 Warm-up Upper Warm-up Dead Warm-up Body Bugs Foa  July MYRTLs Strength Myrtl's Myrtl's Myrtl's Ro  8  TRACK CROSS 5 min CROSS 5 min DAY TRAIN warm-up TRAIN warm-up #8 45 min 45 min Run: walk Or or (9: 1min) x 3 run/ REST REST walk 5 min 5 min									
8 Warm-up Upper Warm-up Dead Warm-up Body Bugs Foot July MYRTLs Strength Myrtl's Myrtl's Myrtl's Rol  8 TRACK CROSS 5 min DAY TRAIN warm-up TRAIN warm-up #8 45 min Run: walk Or or (9: 1min) x 3 run/ REST REST walk Strength Myrtl's Myrtl's Rol  Foot Total CROSS 5 min TRAIN warm-up 45 min Run: walk (10: 1min) x 3 REST REST REST S min									
8         TRACK       CROSS       5 min       CROSS       5 min         DAY       TRAIN       warm-up       TRAIN       warm-up         #8       45 min       45 min       Run: walk         Or       or       (9: 1min) x 3       (10: 1min) x 3       REST         run/       REST       REST       REST       S min									Foam
TRACK         CROSS         5 min         CROSS         5 min           DAY         TRAIN         warm-up         TRAIN         warm-up           #8         45 min         45 min         Run: walk           Or         or         (9: 1min) x 3         (10: 1min) x 3         REST         REST         REST         REST         REST         REST         TRAIN         S min         TRAIN         T		-	MYRTLs	Strength	Myrtl's			Myrtl's	Roll
run/ REST REST REST REST S min			DAY	TRAIN	warm-up		TRAIN	warm-up	
			_	_	(9: 1min) x 3	REST		(10: 1min) x 3	REST
miles			3.0		5 min cool-down			5 min cool-down	
total = total = 43 min 40 min ~ 2.1- 3 miles									

Dynamic Warm-up Myrtl's TRACK DAY #9	Lower Body Strength CROSS TRAIN 45 min	Dynamic Warm-up Myrtl's 5 min warm-up Run: walk (12: 1min) x 3	Dead Bugs	CROSS TRAIN 45 min	Dynamic Warm-up Myrtl's 5 min warm-up Run: walk (15: 1min) x 3	Foam Roll
run/ walk 2.375 miles	REST	5 min cool-down total = 49 min	REST		5 min cool-down total ~58 min ~3.2 – 4.5miles	REST
Monday	Tuesday	Wednesday		Friday	Saturday	Sun- day
Dynamic Warm-up	Upper Body	Dynamic Warm-up	Dead		Dynamic Warm-up	Foam
MYRTLS TRACK DAY #10	Strength  CROSS TRAIN 30 min	5 min warm-up	Ū	CROSS TRAIN 30 min	MYRTLs  5 min warm-up	Roll
or run/ walk 3.375 miles	or REST	only 5 min cool-down	REST		run only 5 min cool-down	REST
		Total = 30 min			total = 35 min ~1.8- 2.5miles	
Dynamic Warm-up						
Myrtl's  Optional  Pre-run  Foam roll						
	Warm-up Myrtl's  TRACK DAY #9  or run/ walk 2.375 miles  Monday  Dynamic Warm-up  MYRTLs  TRACK DAY #10  or run/ walk 3.375 miles  Dynamic Warm-up  Myrtl's  Optional Pre-run	Warm-up Lower Body Myrtl's Strength  TRACK CROSS DAY TRAIN #9 45 min  or or REST walk 2.375 miles  Monday Tuesday  Dynamic Warm-up Upper Body MYRTLS Strength  TRACK CROSS DAY TRAIN #10 30 min  or or run/ REST walk 3.375 miles	Warm-up Body Myrtl's Strength Myrtl's  TRACK CROSS 5 min DAY TRAIN warm-up #9 45 min  Run: walk or or (12: 1min) x 3  run/ REST walk 2.375 miles  Monday Tuesday Wednesday  Dynamic Warm-up Body MYRTLs Strength MYRTLs  TRACK CROSS 5 min DAY TRAIN warm-up Body MYRTLS Strength MYRTLS  TRACK CROSS 5 min DAY TRAIN warm-up #10 30 min  or or or only run/ REST walk 3.375 miles  Dynamic Warm-up  Myrtl's  Optional Pre-run	Warm-up Body Myrtl's Strength Myrtl's  TRACK CROSS 5 min DAY TRAIN warm-up #9 45 min Run: walk or or (12: 1min) x 3 run/ REST cool-down miles  Monday Tuesday Wednesday Thurs-day Dynamic Warm-up Upper Warm-up Dead Body MYRTLs Strength MYRTLs  TRACK CROSS 5 min DAY TRAIN warm-up #10 30 min  Dynamic warm-up #10 30 min  Total = 30 min  Dynamic warm-up  Myrtl's  Optional Pre-run	Warm-up Body Myrtl's  TRACK CROSS 5 min CROSS DAY TRAIN warm-up TRAIN 45 min Run: walk (12: 1min) x 3 run/ REST Cool-down miles  Monday Tuesday Wednesday Thurs- Aday MyrtLs Strength MYRTLs  TRACK CROSS 5 min Cool-down miles  Monday Tuesday Wednesday Thurs- Friday day  Dynamic Warm-up Upper Warm-up Dead Bugs  MYRTLS Strength MYRTLS  TRACK CROSS 5 min CROSS 5 min CROSS TRAIN Warm-up Day TRAIN Warm-up TRAIN 30 min 30 min 30 min  Total = 30 min REST REST  Dynamic Warm-up Myrtl's  Dynamic Warm-up TRAIN Warm-up TRAIN 30 min 20 min easy run or or or only run/ REST REST Smin Cool-down miles  Total = 30 min	Warm-up Body         Lower Body         Warm-up Bugs         Warm-up Bugs         Warm-up Bugs         Warm-up Myrtl's         Warm-up Myrtl's         Warm-up Myrtl's         M

5K RACE DAY!	
Post-run	
Foam Roll	
Post-run	
Stretch	