

ON ...	TO...	THE ...	NEW...	YEAR...	5K TRAINING	PLAN	!!!!!!!
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1 Dec 4	Myrtls DWarm-ups 20min walk Post-run Stretches	Lower Body Strength	Myrtls DWarm-ups Run: walk (8:2min) x 3 = <u>30 min</u> Post-run Stretches	Dead Bugs	Myrtls DWarm-ups Run: walk (10:2min) x 3 = <u>36 min</u> Post-run Stretches	Foam Roll	Myrtls DWarm-ups Run 1 mile; walk 2min Post-run Stretches
Week 2 Dec 11	Myrtls DWarm-ups Recover: 20min walk Post-run Stretches	Upper Body Strength	Myrtls DWarm-ups Run: walk (12:2min) x 3 = <u>42 min</u> Post-run Stretches	Dead Bugs	Myrtls DWarm-ups Run: walk (12:1min) x 3 = <u>39 in</u> Post-run Stretches	Foam Roll	Myrtls DWarm-ups Run 2miles; walk <u>5min</u> Post-run Stretches
Week 3 Dec 18	Myrtls DWarm-ups Recover: 30min walk Post-run Stretches	Lower Body Strength	Myrtls DWarm-ups Run: walk (15:2min) x 3 = <u>51min</u> Post-run Stretches	Dead Bugs 30 min walk	Myrtls DWarmups Run: walk (7:1min) x 3	20 min walk Foam Roll	Myrtls DWarm-ups Run 3 miles walk 10 min Foam Roll Post-run Stretches HAPPY Hanukkah!
Week 4 Dec 25	Myrtls DWarm-ups Recover: 30min walk Post-run Stretches MERRY Christmas!	Upper Body Strength	Myrtls DWarm-ups Run: walk (6:1) x 3 = 21 minutes Post-run Stretches	Dead Bugs Run: 1 mile walk: 10 min	Myrtls DWarm-ups 30 min walk Post-run Stretches	Myrtls DWarm- ups Dec 31 RUN New Year's Eve 5K* ** or 20min walk	Myrtls DWarm-ups Jan1 RUN New Year's Day 5K *Foam Roll **Post-run Stretches

