

Social 5k Resolution Run

This plan assumes you are not running yet and is designed to bring you to a 5k with run/walk intervals

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11/30/2020	15 minute walk	Cross train, 30 mins or less, or Rest	6 x (1 minute run, 2 minute walk)	Rest	10x (1 minute run, 1 minute walk)	Cross train, 30 mins or less	5 x (2 minute run, 2 minute walk)
12/7/2020	20 minute walk	Cross train, 30 mins or less, or Rest	7 x (2 minute run, 1 minute walk)	Rest	4 x (4 minute run, 2 minute walk)	Cross train, 30 mins or less	3 x (5 min run, 2 minute walk)
12/14/2020	20 minute walk	Cross train, 30 mins or less, or Rest	3 x (6 min run, 3 minute walk)	Rest	3 x (7 minute run, 3 minute walk)	Cross train, 30 mins or less	4 x (7 minute run, 1 minute walk)
12/21/2020	30 minute walk	Cross train, 30 mins or less, or Rest	3 x (8 minute run, 2 minute walk)	Rest	3 x (10 minute run, 2 minute walk)	Cross train, 30 mins or less	2 x (13 minute run, 2 minute walk)
12/28/2020	30 minute walk	Cross train, 30 mins or less, or Rest	3 x (10 minute run, 1 minute walk)	Rest	Resolution Run 5k!		

NOTES:

All training sessions should begin and end with 3-5 minutes of walking for warmup/cooldown

Cross training can be yoga, cycling, swimming or walking

On race day, continue your run/walk method with an interval that feels good to you!

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