


Buck Creek Run 5K Walk Training Schedule May 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
Rest	15 Minute Walk	Crosstrain 20-30 minutes	6:30 Meet at Striders 15 Minute Walk	Rest	Crosstrain 20-30 minutes	15 minute walk
20	21	22	23	24	25	26
Rest	20 Minute Walk	Crosstrain 20-30 minutes	6:30 Meet at Striders 20 Minute Walk	Rest	Crosstrain 20-30 minutes	25 Minute Walk
27	28	29	30	31	1	2
Rest	 25 Minute Walk	Crosstrain 20-30 minutes	6:30 Meet at Striders 20 Minute Walk	Rest		
3	4	NOTES				

Buck Creek Run 5K Walk Training Schedule June 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	1	2
			6:30 Meet at Striders 20 Minute Walk	Rest	Crosstrain 20-30 minutes	30 Minute Walk
3	4	5	6	7	8	9
Rest	25 Minute Walk	Crosstrain 20-30 minutes	6:30 Meet at Striders 25 Minute Walk	Rest	Crosstrain 20-30 minutes	40 Minute Walk
10	11	12	13	14	15	16
Rest	30 Minute Walk	Crosstrain 20-30 minutes	6:30 Meet at Striders 30 Minute Walk	Rest	Crosstrain 20-30 minutes	40 Minute Walk
17	18	19	20	21	22	23
Rest	30 Minute Walk	Crosstrain 20-30 minutes	6:30 Meet at Striders 30 Minute Walk	Rest	Crosstrain 20-30 minutes	40 Minute Walk
24	25	26	27	28	29	30
Rest	30 Minute Walk	Crosstrain 20-30 minutes	6:30 Meet at Striders 30 Minute Walk	Rest	Crosstrain 20-30 minutes	
1	2	NOTES				